NOVEMBER | DECEMBER 2022

MARKET MAGAZINE NOVEMBER-DECEMBER 2022 BRINGING GOODNESS TO YOU

11

FREE!

Bringing goodness to you

market Magazine

HARRIS FARM MARKETS

100+ recipes, tips 'n' hints
TRY THEM ALL

What a show-stopper! Fab fruit wreath page 18

Festive food for you♥
FROM HERE TO NEW YEAR

DIVINE DESSERTS
Plus CHEAT YOUR SWEETS!

$5000
HOLIDAY TO WIN
See page 75. Good luck!

Time to *Celebrate!*

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*Lab tested at TÜV Rheinland measuring reduction of E. coli, S. aureus and P. aeruginosa in distilled water samples after exposure to the product's UV LED for 10 minutes each hour, over a 24-hour period. The product does not treat or cure health-related conditions.

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FRENCH-DOOR

3 ENERGY RATING 540kWh

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KNOCK KNOCK, WHAT'S THERE?

Need to grab the butter or milk? Find what you need without losing your cool. Simply knock twice on the glass panel to turn on the internal lights.

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Entertain like a baller with perfect craft ice globes on demand, courtesy of the LG Craft Ice Maker. Keep your drinks (and your guests) cooler for longer with a plentiful supply of ice, both in the door and in the freezer, thanks to LG's cool and capacious SpacePlus ice storage system.

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mamma emma
authentic fresh potato gnocchi from Italy

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gnocchi stuffed with ricotta cheese and spinach
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POMEGRANATE & HONEYED MACADAMIA SIDE OF SALMON

Christmas is right around the corner and entertaining couldn't be easier with this baked pomegranate molasses-glazed salmon side, ready in less than 30 minutes. Topped with pomegranate arils, honeyed macadamias and parsley for a complete festive look.

Serves 4-8

1 whole side of salmon* (approx 1kg)
¼ cup pomegranate molasses
2 tbsp olive oil

TO SERVE
Small handful fresh parsley or coriander
75g pomegranate arils*
120g honey-roasted macadamias

Preheat oven to 180C. Remove salmon from fridge and place, skin-side down, on a large lipped baking tray lined with baking paper.

Mix together the pomegranate molasses and oil. Pour over the fish and spread evenly to cover. Bake for 20 minutes.

Remove from oven and rest for 5 minutes. Then carefully transfer to a serving platter with the paper or gently slide the fish off the paper. In a bowl mix together chopped parsley or coriander, pomegranate arils and macadamias.

Top the fish with the garnish to serve.

*If you want to save time and hassle de-seeding a whole pomegranate, you can use thawed frozen pomegranate arils or look for fresh arils in the cut fruit fridge.
*Instead of salmon you can also use ocean trout.

Scan for more recipes

FISH *in the* FAMILY

The festive season's here and one thing we know for sure at Fish in the Family, is Australian's like to celebrate with prawns on our plate. What makes prawns the perfect pick for Christmas and what should you look for? We sat down with Paul Papacosta, our guru for everything seafood, to find out.

Find your nearest store here:
fishinthefamily.com.au/storelocator

Working in the family business for the past 30 years and learning on the job from the best, Paul credits his mum Andrea and his grandfather, Costas Costi, for his strong lessons in business and work ethic, plus his demand for to quality. Getting up at 3:30am to head to the fish markets, the product sourced is always the best and freshest. Paul's always on top of what's going on and the latest trends - bringing them to our stores daily.

What types of prawns are there?

There are three main species of prawns available this Christmas; the Tiger prawn, these are always deeper red in colour with a unique "tiger" stripe and have a medium flavour; the King prawn which have bright blue tail ends when raw and a rich flavour, and the Banana prawn which is lighter in colour and sweeter in flavour. The colour of the prawn comes from the depth of the water they live in, the further north the lighter the shell of the prawn due to the deeper water, natural sun protection!

Where are the best prawns from?

For raw prawns we look to Queensland, South Australia and Western Australia. We get the majority of our raw King prawns from South Australia. North Queensland is best for cooked Tiger and Banana prawns - anywhere between Northern New South Wales upwards.

Why are prawns so popular at Christmas?

Since we've been in business (1976) we have seen Prawns become a "must have" on the family Christmas table! A bowl of prawns and a bowl of mangoes and cherries has become a great Aussie tradition. We think it has something to do with the hot summer Christmas season. Prawns = Summer. What's better when the sun's out then to share a plate with friends and family - everyone gets stuck in, the messier the better. Prawns are also a great source of protein, B12 and folate, not to mention a rich source of selenium, an effective antioxidant to maintain healthy cells.

What do you look for in a prawn?

We only pick the best to ensure you get the freshest and tastiest out there, you can trust us on that. If you're picking them out yourself, look for a harder shell.

What's the best way to eat prawns?

If they're cooked, then just seafood sauce and lemon or they're great in a salad. If you're buying your prawns raw, then on the BBQ for a couple of minutes each side.

What's on your table this Christmas?

Paul and his family of 8 children (yes 8!) can't go past a cooked platter of ready to eat Lobster, Moreton Bay Bugs and some lovely, cooked prawns - delicious!

Editor's Letter

Dear all,
Well by now no doubt you're amidst the spirit of this amazing time of year. And, of course, it's all about celebration. So nearly all of us are eager for ideas and inspiration for food, gifts, entertaining, even holiday destinations, to celebrate with the people who matter most to us. And isn't it good, too, that this cheery time of year brings us together with those we haven't spent enough time with during the year, or even longer. And it's so satisfying to see these special people again – even that uncle!

Now with all this in mind, *Market Mag*'s gift to you is pages of all manner of wonderful ways you can feed, entertain and thrill the good folk you will be with. And it is our intention too, they're perfect for Christmas but also perfect beyond the silly season right through to the end of January and more! Serve a platter at New Year, enjoy your weekend away with a barbie, fresh seafood is an eternal entertainer, and anytime is a great time for a pav! So enjoy from now to way past the Big Day with all your holiday pleasures!

But just one more thing: I have a Christmas tradition I have kept for years and I love it. I ask all my friends and guests, if they are giving me a gift, to please make it a decoration for my Christmas tree so I can display it and remember them each year as we celebrate the season. It has made my Christmas tree groan with warm memories of people I have really enjoyed over the years. It's splendid and I urge you to consider it. Meanwhile, we hope we've filled your silly season full of good stuff!! And there's more next issue as the celebrations continue into the new year. So see you then!

Julia

Julia Zaetta
editor

All our best to all of you!

Cathy's Column

I reckon we are the luckiest country in the world when it comes to Christmas! Warm, long days. Everyone on holidays. Any excuse for get-togethers with friends and family. Yes, Christmas is a Christian celebration but we live mainly in a country where there is acceptance and understanding of our diverse cultural backgrounds so we all get into the spirit.

The other gorgeous thing about Christmas in Australia is food is plentiful and reasonable. How I love being in the food industry at this time of year.

There is one downside – Christmas week is the busiest time for us all: our buyers are in the markets by 1am and David never got to be Santa's helper putting bikes together or filling Christmas stockings. He'd just make it to dinner then sleep before we'd wash up. To all Harris Farmers who put in 150 percent over Christmas – you guys are amazing, thank you so much.

Then another wonderful thing is the spirit of giving – to family, friends, people who have helped us during the year, and those who have done it tough. And it's amazing to see the dramatic increase in the gifts of cases of cherries, mangoes and lychees that go out online these days instead of the proverbial boxes of chocolates!

I've received a special gift for the past 45 years from my friend Margy! One of the best plum puddings ever – she religiously soaks the fruit for weeks in rum beforehand and steams it for hours – it is genius. She's promised next year she'll share her recipe.

But now all the best to you, and thank you so much for sharing your generosity of feeding your loved ones by shopping with us.

Cathy and David Harris

Renaissance
Tours

Credits: Phillip Sametz © Pla Johnson; Courtesy of Bodega Txomin Etxaniz; Phillip Shaw Wines, Orange © Destination NSW

Basque country vineyards in Spain

Tapas and Vino

with Peter Bourne | 12 – 25 April 2023 (14 days)

With wine specialist Peter Bourne, visit Spain's leading wineries and estates, and indulge in fine regional cuisine in Michelin-starred restaurants.

Highlights:

- Visit regions producing some of Spain's most exciting new wines
- Delight in unique regional cuisines
- Enjoy the thriving restaurant scenes of Barcelona and Madrid

Balmoral Estate

Great Gardens of Scotland

with Julie Kinney | 05 – 19 June 2023 (15 days)

Traverse through romantic gardens, castles and estates across the heartland of Caledonia at the peak of the summer bloom.

Highlights:

- Discover Balmoral Estate and Glamis Castle
- Explore the gardens at Inveraray Castle, overflowing with rhododendrons
- Admire the Himalayan blooms of Arduaine Garden in Argyll

Springtime in New York City

New York Spring Rhapsody

with Phillip Sametz | 19 – 28 April 2023 (10 days)

Let New York City sweep you up in a springtime embrace with opera and symphonic performances at iconic performing venues.

Highlights:

- Enjoy New York Philharmonic's virtuosity at its annual Spring Gala
- Attend world-class productions of the Metropolitan Opera
- Listen to the Boston Symphony Orchestra perform at Carnegie Hall

Tasting at Phillip Shaw Wines, Orange

Orange Chamber Music Festival

with Andy Bromberger | 09 – 13 March 2023 (5 days)

Embrace the gentle autumnal change in Orange, New South Wales' food and wine mecca, with intimate chamber music as backdrop.

Highlights:

- Enjoy seven performances at the 2023 Orange Chamber Music Festival
- Indulge in exclusive wine tastings and gourmet meals

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Welcome

Harris Farmers are a team of people who like to get in and get things done. "Smash it out today," we like to say.

Never is this more evident than Christmas. Our teams get out in stores and work their tails off to get mountains of glorious fresh food into people's homes to celebrate at Christmas time. From the inside, I can tell you it's a gargantuan task and I am so incredibly proud of the mighty job they do. I'd like to use this letter to thank them for their hard work. From warehouse to store, everyone is under the pump for a few weeks and the work they do is phenomenal.

I'd like to also thank you – our customers. Collectively our customers vote with their feet and their wallets to show Australia that we still value good quality over lowest cost (especially at Christmas), that we value businesses that give to those less fortunate (refugees, women's shelters, food insecure), and organisations that we want to flourish (life saving clubs, schools, kids' sports teams, children's hospitals). This is all possible through what you pay at the till, and we believe in what you believe in – a fair society. That's a bit of giving that you're doing by shopping at Harris Farm.

> "I'd like to also thank you, our customers

So we are feeling very thankful this Christmas and so are hundreds of thousands of people around Australia who benefit from what your local fresh food store is doing for them and their community.

Merry Christmas everyone. Have a safe, happy and peaceful New Year.

Sincerely,

Tristan

Tristan Harris, Co-CEO
Harris Farm Markets P/L

An abundant Christmas spread – Harris Farm Markets style.

Join up for 5% OFF your veg when you shop. Visit harrisfarm.com.au/friend

JOIN friend OF THE FARM

Seasonal Picks

Summer's fruits and vegetables are a sweet sensation. This holiday season, max out on lychees and cherries, and embrace the fresh flavour of fennel

PHOTOGRAPHY: SHUTTERSTOCK

Lychees

Looking for a sweet summer treat? Now is the bumper time for lychees

Australia has the longest lychee season in the world, with growers from tropical North Queensland to Northern NSW ensuring we have access to delicious juicy fruit from late October to late March. But right now is the lychee sweet spot! And growers have been working very hard to develop varieties with larger fruit and smaller seeds that are easier to peel but just as delicious. It's time to indulge.

Buy a few handfuls, choosing fruit with bright pink skins. Store in an airtight container in the fridge as dehydration turns the skins brown. Eat them chilled and fresh when the skins are still soft and easy to peel and the juicy translucent flesh is a mouthful of tropical cool.

CHEERS!

Blend peeled, seeded frozen lychees with your fave chilled rosé. Serve in margarita glasses topped with extra lychees.

TRY THESE

- Lychees in a festive fruit salad with cherries, watermelon, strawberries and mint.
- Peeled and frozen lychees for a chilly treat.
- Lychees chopped into chunks and mixed through a prawn and fresh herb salad.
- Added to a chicken red curry as a sweet surprise.

FRUIT

Mango
Mulberries
Gooseberries
Red currants
Blueberries
Raspberries

Strawberries
Grapes
Limes
Panama passionfruit
Papaya
Pineapple

Cherries

It just wouldn't be an Australian Christmas without cherries!

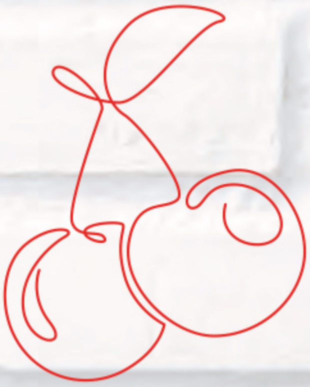
Tis there a fruit more perfectly matched to Christmas? It even looks like a festive decoration! Luckily for us, the Aussie cherry season starts in November with fruit grown in NSW and around Stanthorpe in Queensland's Granite Belt. As spring turns to summer and our thoughts turn to festive food, more producers join in from Victoria. The Tasmanians are the last to pick their fruit – giving us a cherry season that runs right through summer. Cheers to cherries!

CHERRY ON TOP

While colour varies with variety – from golden yellow, bright red to deep burgundy verging on black – the best cherries are glossy with fresh-looking stems. Because handling can bruise the fruit, it's best to buy packs of cherries, or even a box, to avoid taking home bruised fruit.

POWER OF RED

The red colour of cherries indicates the presence of anthocyanins, plant chemicals that help negate some of the signs of ageing. Cherries are also rich in vitamins, have no-fat and are low in kJs – what a delicious package!



CHOC-CHERRY TRIFLES

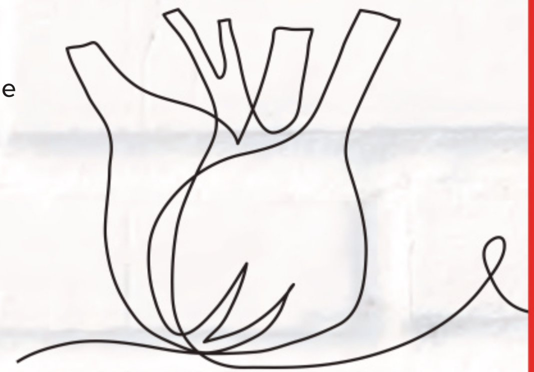
In individual glasses, layer cubes of chocolate cake or Christmas fruit cake soaked in cherry brandy, whipped cream with a hint of vanilla extract, and plenty of fresh pitted cherries. Finish with a few cheeky cherries on top.

Fennel

Known for its sweet anise taste, fennel adds a flavour hit to festive salads

Fennel is one of few vegies in which the edible bit is the swollen stem. (Kohlrabi is another). It grows wild around the Mediterranean, where its fresh, mildly anise flavour has been a salad staple for centuries. Now its versatility sees it used in just about every cuisine – with bulb, fronds, seeds and pollen all contributing to fennel's unique flavour. Crunchy when raw, fennel becomes meltingly soft when braised or baked, and adds a refreshing note to a chicken casserole or beef ragu. It's a natural partner for fish, and a pork sausage roll just isn't the same without the addition of fennel seeds.

Buy bulbs with fresh green fronds (these can be snipped into salads or blanched and added to a batter for frying fish) and store in the crisper. To use in salads, cut the bulb in half, chop off the hollow stem, cut out the central core and slice thinly. (A mandoline is excellent for this.) Save any leftovers to add to your next stockpot. **MM**



SALAD SEASON

Toss thinly sliced fennel and celery with red apple slices, toasted pine nuts, a splash of olive oil, drizzle of lemon juice and a scattering of dill or those delicate fresh fennel fronds – yep, you can eat those too.

VEGETABLES

Snacking tomatoes
Truss tomatoes
Roma tomatoes

Coriander
Basil
Coral lettuce
Mignonette lettuce
Chillies

Snow peas
Honeysnaps
Broccolini
Carrots

DID YOU KNOW?

Fennel plants are either male or female. The male plants produce longer, thinner bulbs, while the female plants grow rounder, squatter bulbs. Which one tastes best? We think the female – but decide for yourself!

PHOTOGRAPHY: SHUTTERSTOCK

LOW CARB POTATOES

SUPER GREEN WARM POTATO SALAD

30 4-6 Easy

INGREDIENTS

- 1kg Mitolo Family Farms Low Carb potatoes
- 1 bunch broccolini
- 1 bunch asparagus
- 1 cup frozen peas
- Sea salt
- Cracked black pepper

FOR PESTO

- 2 bunches basil, leaves picked
- 2 garlic cloves
- 30g pine nuts
- 30g grated Parmesan
- ½ tsp salt
- ½ cup olive oil

METHOD

STEP 1

Cut the potatoes into medium sized pieces, place in a medium saucepan, cover with cold water, season with salt, bring to the boil, then simmer until tender.

STEP 2

Meanwhile, make the pesto by placing all the ingredients except the olive oil in a food processor and pulse to form a rough paste. Drizzle in the oil with the motor running.

STEP 3

Bring another medium saucepan filled with salted water to the boil. Cook the broccolini, asparagus and peas until just tender, you may need to do this in batches.

STEP 4

Chop the broccolini and asparagus into small pieces and place in a large bowl with the potatoes and peas.

STEP 5

Pour over the pesto, toss well to combine, season with salt and pepper and serve.

MITOLO FAMILY FARMS
MASHING POTATOES
1.5kg
MITOLO FAMILY FARMS
LOW CARB POTATOES
1.5kg
MITOLO FAMILY FARMS
CHIPPING POTATOES
ROASTING & WEDGING

AVAILABLE IN LOW CARB, MASHING & CHIPPING 1.5kg BAGS

MITOLO FAMILY FARMS

Your time to Celebrate!

Welcome to the time of year when we eat, drink and be merry! And it's our pleasure to give you wonderful ideas and information for the season from now through to the end of January – with pages and pages of fab food inspiration for all your festive entertaining. So read on and enjoy

FOR YOU
You can make the fruit wreath a few hours ahead. Cover with a clean damp cotton tea towel and chill in the fridge. When ready, scatter with flowers and serve.

PHOTOGRAPHY: LOUISE LISTER. STYLING ANNETTE FORREST

Turn over for the magic to happen

LET THE Festivities Begin

Nothing says 'Welcome', like these stunning platters. Wow your people then sit back and enjoy...

MAKE OUR COVER FESTIVE FRUIT WREATH

This show-stopping fruit wreath makes the easiest of desserts for festive entertaining. If you like, team the fruits with sweetened whipped mascarpone, Greek-style yoghurt or ice-cream. Really, you can put it together by looking at the photo, but here's a guide to how we did it. You can use any choice of fresh fruit for your wreath.

YOU CAN USE: **Mangoes, rockmelon, honeydew and watermelon, seedless grapes, passionfruit, fresh berries, peaches, nectarines, pomegranate, fresh coconut and edible flowers. All from Harris Farm Markets!**

1. **Wash and dry all your fruit. Peel** and cut mangoes, rockmelon and honeydew melon into thin wedges. Slice watermelon into small triangles (leave skin on). Snip grapes into small clusters. Halve passionfruit. Cut nectarines and peaches into wedges. Break pomegranate and coconut into bite-sized pieces.
2. **Arrange mangoes, melons, grapes,** passionfruit, nectarines and peaches around the edge of a flat serving plate or board (about 45cm wide) to form a wreath.
3. **Top with berries, pomegranate,** coconut and a scattering of edible flowers. Serve and *dazzle* your guests!

HOW TO BUILD A PLATTER

Choose a large wooden or marble board or big flat platter, which is suitable to cut on.

1. **Lay the cheeses onto your board** or platter, spacing them well apart. You can slice some if you like.
2. **If you are including cold meats,** add them to the platter, overlapping the slices. You can also roll or fold slices into interesting shapes and layer around or across the board. To make it easier, you can place sliced or shaved meats in small piles on your platter.
3. **Slice fruit and vegetables and** arrange in groups with whole fruits and salad leaves.
4. **Cut larger dried fruits into** halves and add to the platter.
5. **Drain and add pickled vegies** and olives, grouping them together.
6. **Scatter over nuts and seeds or** add them to the platter in little piles.
7. **Place sprigs or leaves of fresh** herbs over the top.
8. **The last thing to go on are the** crackers and bread and any other crunchy items such as pretzels or grissini. Add some to the platter and put the remainder on a plate or in a bowl nearby. Depending on how much room you have on your board, you can add fruit pastes, jams, chutneys or other condiments, or put them into small dishes around the outside.

PLENTIFUL PLATTER

WHAT YOU'LL NEED

CHEESE
Large wedge of camembert
Round of blue or truffle brie
Aged cheddar or parmesan
Fresh burrata

FRESH PRODUCE
Cucumber
Red capsicum
Radish
Heirloom tomato mix
Apple
Pear
Orange
Blackberries
Red grapes
Radicchio
Fresh basil leaves
Fresh rosemary sprigs

TOP TIP
Cut up vegetables and fruit ahead of time and keep covered in the fridge.

MARKET/DELI
Assorted water crackers, wholewheat biscuits, fruit and nut crackers
Hummus
Large stuffed green olives
Walnuts
Pistachio kernels
Cashew nuts
Pepitas
Dried figs
Dried apricots
Dried cranberries
Roasted almonds
Blackberry jam
Pickled turnip (jar)
Caperberries (jar)
Lavender sprigs (optional)

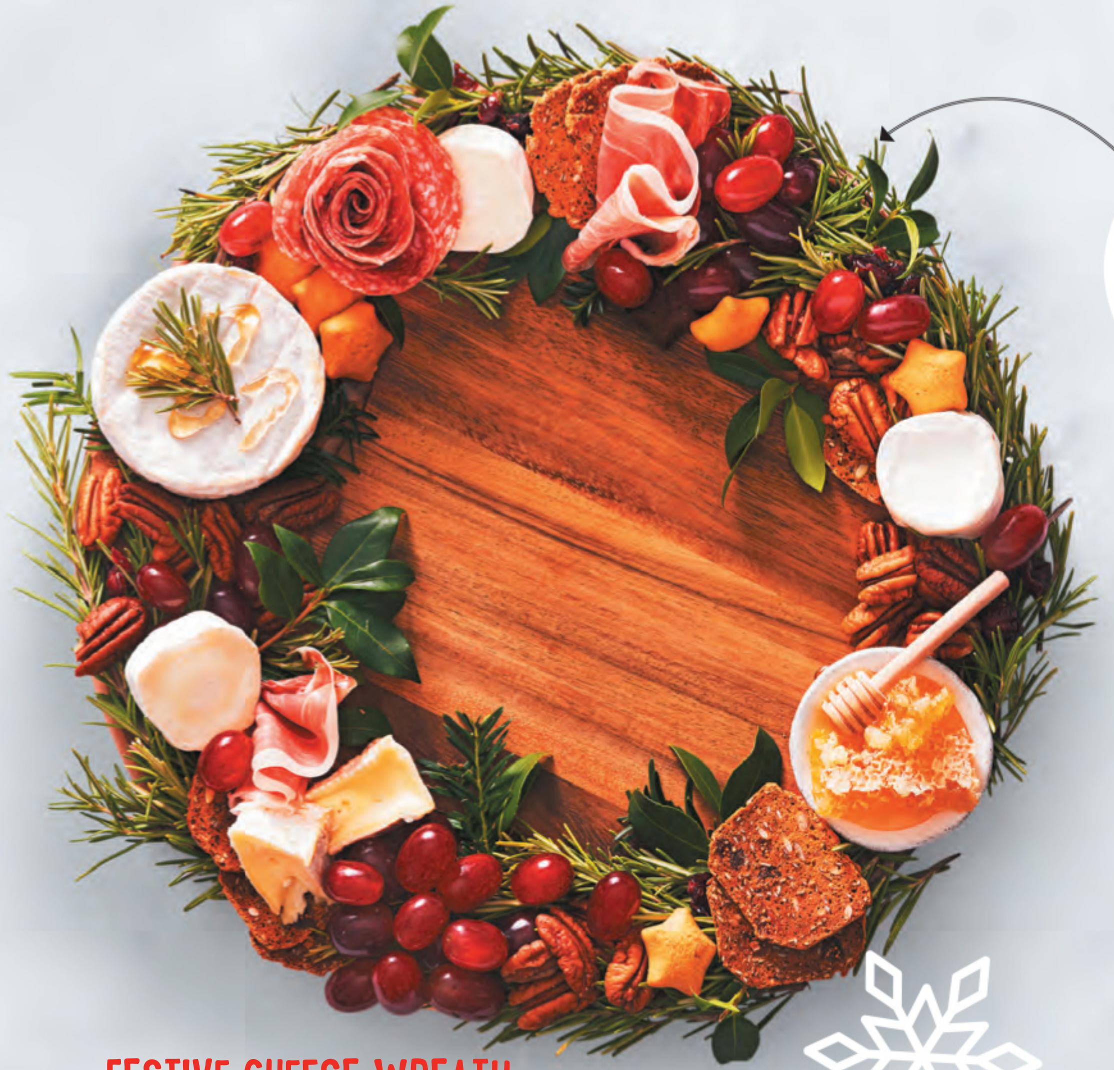
Don't FORGET

Cheese knives, small knives, spoons and tongs for dips, jams, fruit, etc.
Serviettes and small dishes for any pits.
Top up platter with extra crackers, fruit and nuts to fill up gaps once guests start eating.

PHOTOGRAPHY: (FRUIT WREATH) LOUISE LISTER. STYLING AND RECIPE: ANNETTE FORREST; SHUTTERSTOCK

PRETTY PRESENTATION Look in second-hand shops for vintage style platters, as they make for a great talking point.

HINT! HINT! Toss a little lemon juice over sliced apple and pear to prevent browning.



TOP TIP
Fresh herbs make the perfect last-minute festive garnish.

FESTIVE CHEESE WREATH

BOARD STYLE: Classic wooden
SERVES: 5-6

CHEESE
- 2 x 55g Crottin de Chavignol
- 150g mini brie
- 125g mini camembert

CHARCUTERIE
- 50g sliced salami
- 70g sliced prosciutto di Parma

ACCOMPANIMENTS
- 100g piece of honeycomb
- 1 bunch red grapes
- 50g pecans
- Runny honey, for drizzling
- Crackers and cheese star crackers

GARNISH
- 2 large bunches rosemary
- 2 large bunches fresh bay leaves

PREPARATION: Halve Crottin de Chavignol. Slice brie into triangles. Place honeycomb into a small bowl or ramekin with a honey drizzler. To make the salami rose, take a piece of salami and fold it over the rim of a narrow glass or tube. Repeat with more slices, overlapping them as you go, until you have covered the whole rim. Keep adding pieces – the more salami you use, the fuller the rose will be. Hold the meat in place and rotate the glass or tube so it's upside down on the board and the rose is facing upwards. Remove the glass carefully and your rose is ready to position on the board.

ASSEMBLE: Start with the greenery base, arranging a flat layer of rosemary and bay leaves in a ring around the board, with needles facing both inwards and outwards. Add the ramekin or bowl of honeycomb in a gap and place salami 'rose' and camembert opposite on the other side of the board. Divide prosciutto di Parma into two piles either side of the board. Add the Crottin de Chavignol and brie triangles on top of the leaves, keeping space between each cheese. Place the grapes, pecans and crackers around the ring, filling in the gaps. Finally, drizzle honey over the camembert and place a sprig of rosemary on top.

ABUNDANCE BOARD

WHAT YOU'LL NEED

CHEESE
- Fresh burrata
- Ash brie
- Romano or Manchego

CHARCUTERIE
- Calabrese or cacciatore salami, whole and sliced
- Bresaola, sliced
- Prosciutto, sliced

Instead of –
Calabrese salami: use sopressa, or any sliced salami
Bresaola: use coppa
Sliced prosciutto: use sliced jamón or leg ham

FRESH PRODUCE
- Cucumber
- Radish
- Heirloom tomato mix
- Apple
- Red grapes
- Strawberries
- Raspberries
- Blackberries
- Fresh basil leaves
- Cape Gooseberries (optional)

MARKET/DELI
- Fruit and seed crackers
- Fresh pitted Medjool dates
- Large stuffed green olives
- Walnuts
- Pistachios
- Pickled mixed vegetables (jar)
- Pickled onion, sliced
- Dill pickle, sliced
- Quince, fig or apple paste
- Blackberry or berry jam
- Lavender, baby's breath and rosemary sprigs (optional)

HINT! HINT!
Tucking some of the sliced fruit, vegies and crackers around the edge of the board creates a larger and more interesting-shaped display.

PHOTOGRAPHY: (CHEESE WREATH) JAMIE ORLANDO SMITH; SHUTTERSTOCK

EVERYDAY CHEESEBOARD

BOARD STYLE: Classic wooden
SERVES: 6-8

1. ASSEMBLE Start by organising items that take up the most room, like ramekins, or small bowls (keep them empty for now). This is a great way of planning the board and adding height to your display.

2. THE CHEESE This is the star of the show! Take cheese out of the fridge and place it on the board an hour before serving so it reaches room temperature. A combination of fresh, smelly and aged cheese makes for a perfect range of flavours and textures. This board uses Montgomery cheddar, Cornish blue and camembert. Keep the soft cheeses whole so they don't ooze onto the board. Cut the hard cheese into slices or cubes just before serving and stack them up – this makes it easier for guests to grab a piece and adds visual interest.

3. THE CHARCUTERIE Only a basic deli salami has been used here. You can add your meats in a simple stack, fanned out in a line or half-circle, or by folding larger pieces into fun shapes. The charcuterie pieces are folded here as there was a lot to get onto the board.

4. THE CRACKERS OR BREAD Don't go overboard; you want to give as much room as possible to the cheese. Just a handful of crackers, biscuits or crostini on the board is ample for crunch. Set out a bowl of extra crackers for those who want them. Fan your crackers out along the edges of the board to make them easy to grab. Rosemary crackers are used here.

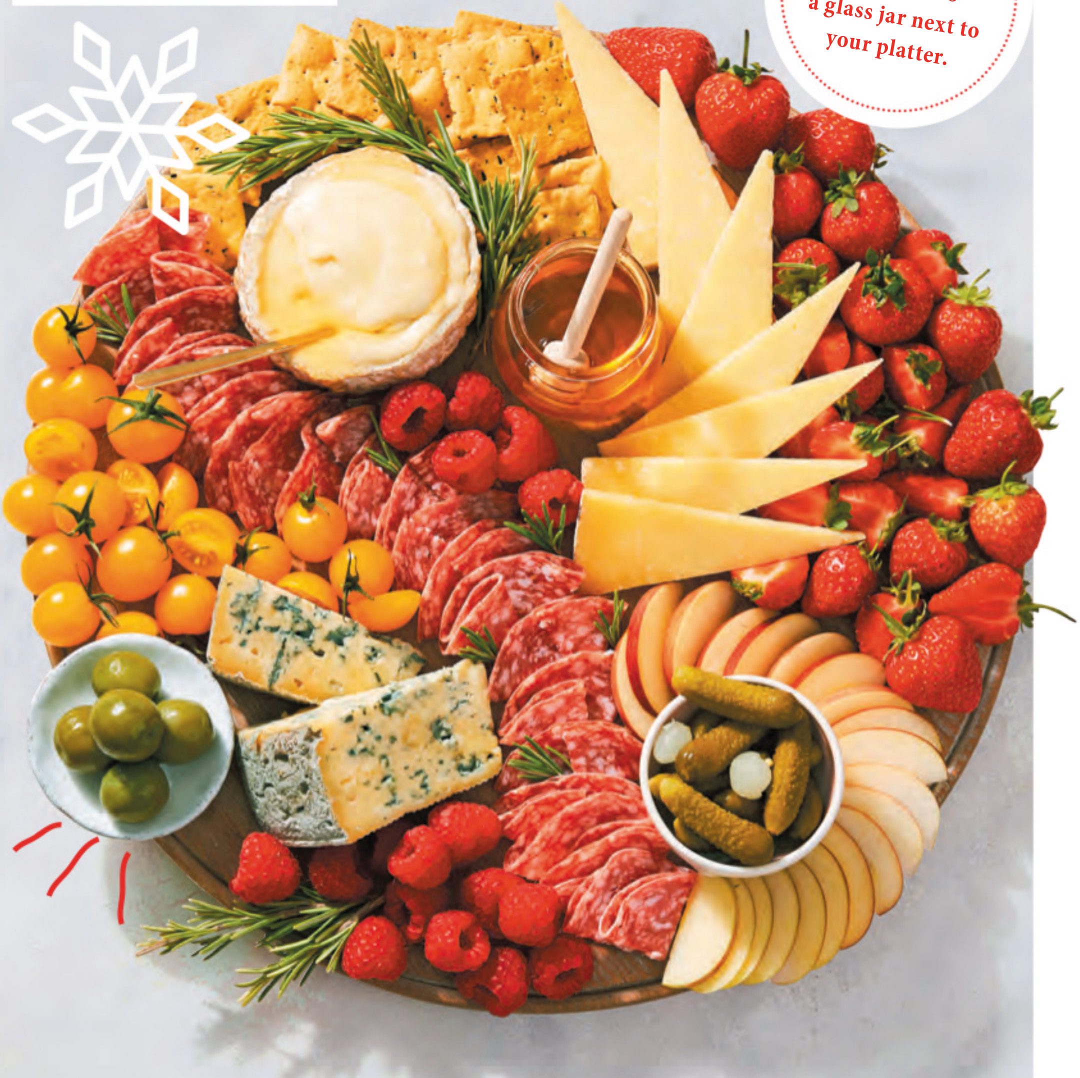
5. THE ACCOMPANIMENTS First, add fruit and vegetables. Strawberries, raspberries, sliced apples and cherry tomatoes are used here, but you can opt for any fruit or veg – keep it seasonal. If the fruit isn't bite-sized, cut it into smaller pieces. Here the fruit is placed around the outside of the board for balance. Next, add nuts if you're using them. Drop a few nuts into the smaller blank spaces on the middle of your board. Next, fill ramekins or bowls. You can add anything you like to these – olives, nuts, preserves, This board has pots of honey, olives and cornichons with silverskin pickled onions.

6. THE GARNISH You're almost ready to serve your cheeseboard! Fill in gaps to make it look full and inviting and go for something green to break up the colour. Herbs like rosemary, thyme, dill and basil also add an incredible aroma. As a finishing touch, edible flowers bring more colour, aroma and taste. Rosemary is used here, as it adds a welcome pepperiness. Pair your board with a good cabernet sauvignon or Moscato d'Asti. Cheers! **MM**

MODERN CHEESEBOARD

The Everyday Cheeseboard (left) and Festive Cheese Wreath (page 20) are edited extracts from *The Modern Cheeseboard* by Morgan McGlynn and photographed by Jamie Orlando Smith (White Lion Publishing, $24.99)

TOP TIP
Grissini look great popped into a glass jar next to your platter.



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'Tis your season for Seafood

Serve in champagne coupe glasses

WOW YOUR GUESTS
This sharing feast is a seafood lover's dream – an easy way to serve the best of Aussie shellfish. Double the recipe to feed 12.

PHOTOGRAPHY: LOUISE LISTER • RECIPES AND FOOD STYLING: ANNETTE FORREST • PHOTO CHEF: LARA REYNOLDS

SHELLFISH SHARING FEAST Recipe page 30

Seafood lovers rejoice! It's time to discover new ways to entertain this festive season with shellfish, fresh fish, and more. To get started, simply browse the seafood section at HFM – and you'll be hooked!

SESAME-CRUSTED TUNA TATAKI

PREPARATION: 15 minutes, plus cooling time
COOKING: 2-3 minutes
SERVES: 6 as a shared starter

2 Tbsp black sesame seeds
2 Tbsp white sesame seeds
Sea salt flakes and freshly ground black pepper, to season
350g sashimi-grade tuna fillet (2 pieces in a triangular or rectangular block)
1 tsp rice bran or grape seed oil
2 Tbsp Kewpie mayonnaise
Sliced radish, pickled ginger, wasabi and micro herbs, to serve
Store-bought ponzu citrus sauce, to serve

1. **Combine sesame seeds on a rimmed** plate and season. Press tuna into the sesame seeds to evenly coat and gently press in sesame seeds with your fingers.
2. **Heat a heavy-based non-stick frying** pan over medium-high heat. Add oil and heat for a few seconds. Add tuna and cook for about 45 seconds (depending on thickness) on each side or until tuna is cooked about a quarter of the way through (check at the end of the fillet). Transfer to a board lined with paper towel. Place tuna on a plate, loosely cover with plastic wrap and refrigerate for 15 minutes.
3. **Using a sharp knife, cut** tuna into 4-5mm-thick slices.
4. **Place a few dollops of** mayonnaise on the centre of a serving platter and swirl it with the back of a spoon. Arrange tuna, radish, ginger and wasabi on top. Sprinkle with micro herbs. Serve with ponzu citrus sauce on the side for dipping.

So easy!

Ponzu WHO?

Ponzu citrus sauce is a Japanese dressing made with soy sauce, mirin and/or sake that has yuzu or citrus juice added. It's available in the Asian food section at HFM. You'll love its distinctly tangy sweet, salty and sour flavour.

NOT SO STICKY
Place a sheet of non-stick baking paper on the barbecue plate or pan when cooking the salmon to prevent it from sticking.

SPANISH-STYLE BARBECUED SEAFOOD PLATTER

PREPARATION: 30 minutes
COOKING: 15 minutes
SERVES: 6

800g thick skinless salmon fillets, pin-boned, cut into 4cm cubes
3 (medium) calamari squid, cleaned, skinned
6 cleaned and tenderised baby octopus
1 ½ Tbsp smoked paprika
4 cloves garlic, crushed
1 Tbsp finely grated lemon zest
½ cup extra virgin olive oil
Sea salt flakes and freshly ground black pepper, to season
1 lemon, halved
HFM fresh salsa verde and aioli, to serve

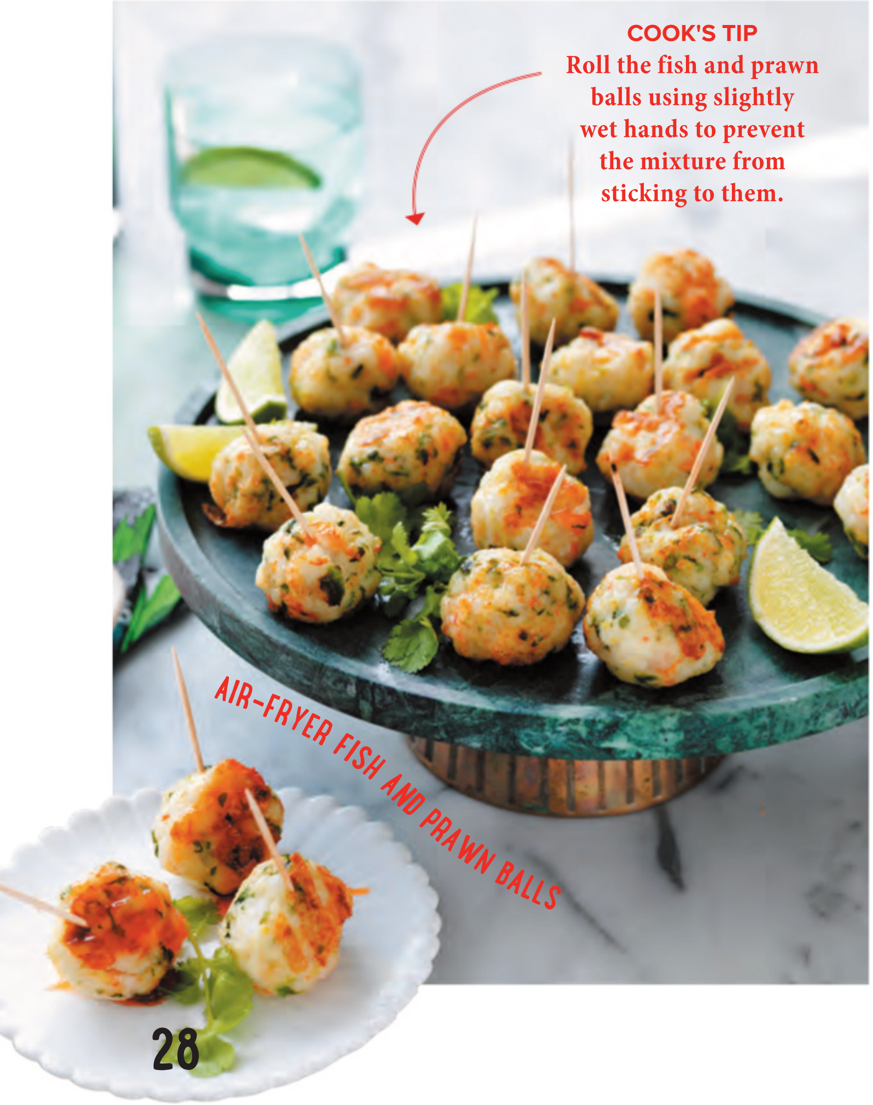
1. **Thread salmon cubes onto** 6 metal skewers.
2. **Trim squid tentacles. Cut squid** hoods lengthways and prise open to butterfly. Score a honeycomb pattern at 5mm intervals into the inner side of the hoods. Pat squid and octopus dry with paper towel.
3. **Combine paprika, garlic, lemon** zest and oil into a small bowl. Season. Liberally brush all seafood with the paprika mixture, leaving a little for basting during the cooking.
4. **Preheat a greased barbecue plate** or chargrill pan over medium-high heat. Add salmon and cook, covered, turning occasionally and brushing with remaining paprika mixture, for 7-8 minutes or until cooked to your liking. Transfer to a plate. Add squid and octopus and cook, covered and turning occasionally, for 3-4 minutes or until lightly charred. Add lemon, cut-side down, and cook for 2-3 minutes until lightly charred.
5. **Arrange seafood onto a serving** platter. Serve with charred lemon, salsa verde and aioli.

SPANISH-STYLE BARBECUED SEAFOOD PLATTER

When buying your squid, ask the fish monger to clean and skin.

SMOKED SALMON AND AVOCADO SALAD

JAPANESE-STYLE FISH 'SCHNITZELS'



COOK'S TIP
Roll the fish and prawn balls using slightly wet hands to prevent the mixture from sticking to them.

AIR-FRYER FISH AND PRAWN BALLS

ROASTED CHILLI AND GARLIC SCALLOPS AND PRAWNS Recipe page 30

Edible RIBBONS

To create cucumber ribbons, use a knife or veg peeler to slice thinly. Simply run it down the length of the cucumber.

SMOKED SALMON AND AVOCADO SALAD

PREPARATION: 20 minutes, plus standing time
COOKING: Nil
SERVES: 6

100g watercress sprigs, trimmed
2 Lebanese cucumbers, thinly sliced lengthways into ribbons
2 medium just-ripe avocados, peeled, cut lengthways into wedges
3 medium green tomatoes, halved, sliced
500g sliced smoked salmon
1 ½ Tbsp capers, drained, rinsed
Chargrilled sliced sourdough bread and pickled red onion, to serve

DILL AND LEMON YOGHURT DRESSING

⅓ cup Greek-style natural yoghurt
2 Tbsp lemon juice
1 Tbsp finely chopped dill
Sea salt flakes and freshly ground black pepper, to season

1. **To make the dill and lemon yoghurt** dressing, combine all ingredients in a bowl. Season. Refrigerate for at least 15 minutes.
2. **Arrange watercress, cucumber,** avocado, tomato and salmon on a serving platter. Sprinkle with capers.
3. **Drizzle with a little of the yoghurt** dressing and serve remaining on the side.
4. **Serve with sourdough and** pickled red onion.

JAPANESE-STYLE FISH 'SCHNITZELS'

PREPARATION: 15 minutes
COOKING: 12 minutes
SERVES: 6

⅓ cup plain flour
Sea salt flakes and freshly ground black pepper, to season
2 free-range eggs
2 Tbsp water
2 cups panko breadcrumbs
6 medium (about 275g each) snapper fillets, skin on, pin-boned, halved diagonally
Rice bran oil or vegetable oil, for shallow frying
Tonkatsu sauce, Kewpie mayonnaise, coleslaw, sliced green shallots and lemon wedges, to serve

1. **Preheat oven to 60°C fan-forced.** Place a wire rack over a baking tray.
2. **Place flour into a shallow bowl** and season. Crack eggs into a shallow bowl, add water and whisk until well combined. Place panko breadcrumbs into another shallow bowl.
3. **Pat snapper dry with paper towel.** Coat snapper in flour and dust off excess, and dip into the egg, shaking off excess, then evenly coat in breadcrumbs.
4. **Pour enough oil into a large frying** pan to just cover the base. Heat over medium heat. Cook snapper in two batches, for 2-3 minutes on each side (depending on thickness) or until golden and almost cooked through. Transfer to prepared rack and keep warm in oven.
5. **Drizzle snapper with tonkatsu** sauce and Kewpie mayonnaise. Serve with coleslaw, shallots and lemon wedges.

DON'T HAVE AN AIR FRYER?
Simply pan fry fish and prawn balls in a non-stick pan for 10 minutes, turning often.

AIR-FRYER FISH AND PRAWN BALLS

PREPARATION 25 minutes, plus cooling time
COOKING: 16-18 minutes
MAKES: 24

1 stem lemongrass, white part only, bruised and chopped
2cm-thick piece fresh ginger, peeled and roughly chopped
2 cloves garlic
1 long green chilli, deseeded
2 tsp fish sauce
½ tsp caster sugar
300g thick ling fish fillet, roughly chopped
300g peeled green (raw) king prawns (tail shell removed)
⅓ cup coriander leaves, finely chopped
Cooking oil spray
Sweet chilli sauce, lime wedges and coriander leaves, to serve

1. **Place lemongrass, ginger and garlic** into a food processor. Process, scraping down the sides of the bowl once, until finely chopped. Add chilli, fish sauce and sugar. Pulse until combined. Add fish and pulse until fish is minced. Add prawns. Pulse until prawns are coarsely chopped. Stir through coriander.
2. **Using about 1 Tbsp of fish and** prawn mixture per ball, roll into 24 balls. Place onto a baking tray lined with baking paper. Cover and refrigerate for 30 minutes.
3. **Spray balls with oil. Cooking in** batches, place in a single layer into the air-fryer basket. Air fry at 180°C for 8-9 minutes or until just cooked through.
4. **Arrange balls on a serving plate** with toothpicks. Serve with sweet chilli sauce, lime wedges and a scatter of coriander leaves.

No barbecue? NO WORRIES

You can cook these on a chargrill plate or pan and use an upturned metal bowl to create a 'hood' to cover the seafood while it cooks.

ROASTED CHILLI AND GARLIC SCALLOPS AND PRAWNS (PAGE 28)

PREPARATION: 25 minutes
COOKING: 30 minutes
SERVES: 6 as a shared starter

4 long red and 2 small red chillies, halved lengthways, deseeded, stems removed
6 cloves garlic, unpeeled, halved lengthways
½ cup extra virgin olive oil, plus extra for drizzling
2 Tbsp finely chopped flat-leaf parsley
½ tsp each sea salt flakes and freshly ground black pepper
12 scallops on the half shell
12 (large) green (raw) king prawns, shells intact, split lengthways
2 tsp finely grated lemon zest
Lemon wedges, to serve

1. Preheat oven to 180°C fan-forced. Line a small oven tray with baking paper.

2. Place chillies and garlic into the tray. Drizzle with 1 Tbsp oil and toss to coat. Roast for 10 minutes. Remove small red chillies and set aside. Continue to roast large chillies for a further 10 minutes or until lightly charred on the edges. Set aside to cool slightly. Peel garlic.

3. Place chillies, garlic and pan juices into a food processor. Add remaining oil. Process until finely chopped. Stir through parsley. Season. Spoon chilli mixture on the scallop flesh and cut-side of the prawns.

4. Preheat and grease the grill plate of a lidded barbecue over medium-high heat. Place green prawns, cut-side up, onto the grill, cover with barbecue lid and cook for 3 minutes. Turn and cook for a further 1-2 minutes or until flesh is almost cooked through. Transfer to a plate. Cover and keep warm. They will continue to cook once off the heat.

5. Place scallops, shell-side down, onto the grill, then cover and cook for 3-4 minutes or until sizzling and almost cooked through. Using tongs, carefully arrange scallops and prawns onto serving plates. Drizzle with a little extra virgin olive oil. Sprinkle with lemon zest. Serve with lemon wedges on the side.

SHELLFISH SHARING FEAST (PAGES 24-25)

PREPARATION: 25 minutes
COOKING: Nil
SERVES: 6

1kg cooked king prawns
6-10 torn baby cos lettuce leaves, trimmed and chilled
Seafood cocktail sauce, chervil sprigs and cracked black pepper, to serve
2 dozen freshly shucked oysters (we used Sydney Rocks and Pacific oysters)
Crushed ice, to serve
25g Atlantic salmon caviar
2 Western Australian cooked lobsters, halved lengthways, cleaned
3 cooked Moreton Bay bugs, halved lengthways, cleaned
2 cooked blue swimmer crabs, quartered, cleaned
Lemon and lime wedges, to serve

1. Peel and devein 12 prawns, leaving the tail intact. To make the mini prawn cocktails, place baby cos lettuce leaves into 6 small serving glasses. Top each with 2 peeled prawns and a dollop of seafood cocktail sauce. Top each with a small sprig of chervil. Season with pepper.

2. Arrange oysters on a serving platter sitting on a bed of crushed ice. Serve half sprinkled with a little salmon caviar.

3. Arrange lobsters, bugs, crab and remaining unpeeled prawns on a large serving platter lined with crushed ice.

4. Serve with extra seafood cocktail sauce and lemon and lime wedges. **MM**

MAKE IT A MEAL
Team your glorious shellfish with buttered crusty white bread rolls, a handful of watercress and finely chopped chives so your guests can create their own seafood rolls.

Charred Corn & Kale Golden Goddess Salad

Serves 4

INGREDIENTS:

Birch & Waite Golden Goddess Dressing & Sauce
3 corn cobs
1 bunch of kale
2 cucumbers
1/8 red cabbage, thinly shaved
1 avocado, thinly sliced
1/3 cup mint leaves
1/3 cup coriander leaves
1 lime, halved
1 red onion, thinly sliced
1/2 cup water
1/4 cup apple cider vinegar
1 1/2 tbsp caster sugar

SCAN ME for the full recipe and to shop ingredients online

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Golden Goddess
Dressing & Sauce

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PHOTOGRAPHY: ANDRE MARTIN • STYLING AND RECIPES: ELLE VERNON • FOOD PREPARATION: JANE ASH

A very merry Barbecue to you!

It's time to fire up the barbecue and add a little sizzle to your silly season. All the festive faves from nibbles, mains, sides and dessert can be cooked fuss-free on your barbie. So whether you're celebrating around the table, at the beach or in your backyard, you can enjoy your feast indoors or alfresco-style with all your favourite people

PORK STUFFING BALLS Recipe page 34

GRILLED CAPSICUM PANZANELLA SALAD Recipe page 36

BUTTERFLIED TURKEY WITH MAPLE AND THYME GLAZE Recipe page 40

HINT! HINT!
How to butterfly
a turkey is
on page 40.

BACON-WRAPPED PORK STUFFING BALLS (PAGE 32)

PREPARATION: 20 minutes, plus cooling time
COOKING: 20 minutes
MAKES: 24

- 2 cups diced soybean and linseed sourdough
- ¼ cup milk
- 500g Italian pork sausages
- 125g dried apricots, finely chopped
- ¼ cup finely grated parmesan
- 1 Tbsp finely chopped thyme leaves
- 1 Tbsp finely chopped flat-leaf parsley
- 1 Tbsp finely chopped sage leaves
- 2 green shallots, finely chopped
- Sea salt and freshly ground black pepper, to season
- 12 rashers streaky bacon, halved lengthways
- Watercress sprigs, to garnish

1. **Combine bread and milk in a large** mixing bowl. Set aside for 5 minutes to allow bread to soak up the milk.
2. **Peel off casings from sausages and** discard, adding the sausage meat to the bread mixture. Stir in apricots, parmesan, herbs and shallots. Season. Mix until well combined, then roll into 24 heaped Tbsp-sized balls. Refrigerate for a minimum of 30 minutes or overnight.
3. **Wrap bacon around each one,** securing with a toothpick.
4. **Preheat and grease the grill plate** of barbecue over medium-high heat.
5. **Cook meatballs for about 20** minutes or until golden and cooked through, turning occasionally. Transfer meatballs into a serving bowl, garnish with watercress, then serve.

Get prepped

The potatoes can be boiled the day before. Drain and cool to room temperature before refrigerating. On the day of serving, bring them to room temperature before you grill them.

TOP TIP

The creamy lemon mayonnaise can also be made the day before and refrigerated. However, do add the shallot on the day of serving so it keeps its vibrant green colour.

GRILLED POTATO SALAD WITH CREAMY LEMON MAYONNAISE

GRILLED POTATO SALAD WITH CREAMY LEMON MAYONNAISE

PREPARATION: 15 minutes, plus cooling time
COOKING: 30 minutes
SERVES: 6

- 1kg desiree potatoes, peeled, cut into thick wedges
- ¼ cup extra virgin olive oil
- Sea salt and freshly ground black pepper, to season
- 2 Tbsp red wine vinegar
- 2 Tbsp lemon juice
- ¼ small red onion, very thinly sliced
- 1 tsp Dijon mustard
- 1 cup chopped fresh herbs (we used a combo of dill, parsley, mint and basil)
- Micro herbs, to garnish

CREAMY LEMON MAYONNAISE

- ½ cup whole egg mayonnaise
- 2 Tbsp red wine vinegar
- 2 Tbsp extra virgin olive oil
- 2 Tbsp sour cream or Greek-style yoghurt
- Finely grated zest of 1 lemon
- 2 green shallots, very thinly sliced
- 2 tsp Dijon mustard

1. **Combine all lemon mayonnaise** ingredients in a bowl. Set aside.
2. **Put potatoes into a large saucepan** of salted water. Bring to the boil, then reduce to a simmer and cook for 10-12 minutes or until just tender. Drain potatoes and add to a large bowl. Set aside to cool to room temperature (see tip, centre left).
3. **Drizzle cooled potatoes with 2** Tbsp of oil, then season.
4. **Preheat and grease the grill** plate of barbecue on high heat. Grill potatoes for 10 minutes until charred.
5. **Whisk vinegar, lemon juice,** onion and mustard in a bowl.
6. **Add potatoes to vinegar** mixture and toss to coat. Season. Set aside for 5 minutes to soak up flavours. Add remaining oil and chopped herbs, tossing gently.
7. **Spread at least half of the creamy** lemon mayonnaise thickly onto a serving platter. Spoon potatoes on top. Garnish with micro herbs. Serve with remaining mayonnaise on the side.

MACADAMIA, LEMON, LIME AND GINGER GLAZED HAM

GLORIOUS GLAZE

You can make the glaze the day before. Once cooled to room temperature, cover with plastic wrap and set aside at room temperature. You can also serve any leftover glaze in a little dish on the side.

PREPARATION: 20 minutes
COOKING: 1 hour 15 minutes
SERVES: 12

1 cup Harris Farm lemon, lime and ginger marmalade
½ cup brown sugar
3 tsp Dijon mustard
5kg half leg of ham, from the shank end
100g salted and roasted macadamias, finely chopped
Sprigs of rosemary, bay leaves, oregano

1. Put marmalade, sugar and mustard in a small saucepan over medium heat. Cook, stirring, until sugar has dissolved. Reduce heat to low and cook, stirring for a further 10 minutes or until mixture thickens. Set aside to cool.

2. To prepare ham, use a small sharp knife to cut through the rind 10cm from the shank. Run a thumb under the rind to separate from the fat. Peel back, sliding your fingers under the rind to remove.

3. Wrap shank with foil. Preheat a lidded barbecue to medium (about 160°C). Line a foil tray large enough to hold the ham with a sheet of baking paper.

4. Put ham into tray. Pour ½ cup water into the base. Brush a little glaze over ham until fat is completely covered. Cook, with lid closed, for 30 minutes.

5. Meanwhile, stir macadamias into remaining cooled glaze. Spoon glaze mixture over the ham. Cook for a further 30 minutes, checking on the ham several times and spooning any nutty glaze that has fallen off, back on top of the ham.

6. Remove from barbecue. Set aside for 20 minutes. Spoon any nutty glaze that has fallen off, back on top of the ham.

7. Wrap foil-wrapped shank with a napkin or baking paper. Then arrange herb sprigs on the shank, tied with ribbon. Serve and carve at the table.

PROSCIUTTO-WRAPPED GRILLED ZUCCHINI

PREPARATION: 15 minutes
COOKING: 5 minutes
SERVES: 6

6 small zucchini, sliced lengthways into quarters
1 Tbsp olive oil
1 tsp dried oregano
Sea salt and freshly ground black pepper, to season
2 lemons, halved
½ cup HFM salsa verde or basil pesto
100g packet 24 month sliced prosciutto di Parma, halved lengthways
1 Tbsp baby capers
2 Tbsp pine nuts, toasted
¼ cup shaved parmesan
¼ cup mint leaves

1. **Preheat and grease the grill** plate of barbecue over high heat.
2. **Toss zucchini with oil** and oregano. Season. Grill lemon and zucchini for 5 minutes, turning zucchini once, until well charred on both cut sides and just tender, and lemon is lightly charred.
3. **Transfer zucchini to** a serving platter. Squeeze over the juice of half a grilled lemon. Add 1 heaped Tbsp of salsa verde or pesto and gently toss.
4. **Twirl prosciutto** around zucchini pieces. Scatter with capers, pine nuts, parmesan and mint. Serve with remaining salsa verde or pesto and grilled lemon halves.

GRILLED CAPSICUM PANZANELLA SALAD (PAGE 32)

PREPARATION: 20 minutes
COOKING: 6 minutes
SERVES: 6

1 capsicum (we used ½ a red and ½ a yellow)
175g mini baby capsicums
2 Tbsp extra virgin olive oil
Sea salt and freshly ground black pepper, to season
6 slices sourdough or ciabatta
1 clove garlic, smashed
4 large vine-ripened tomatoes, cut into thick slices, then halved
400g mixed cherry tomatoes, halved
6 baby Lebanese cucumbers, cut into long wedges
1 red eshallot, very thinly sliced
¼ cup basil leaves, plus extra to garnish

CLASSIC DRESSING

⅓ cup extra virgin olive oil
¼ cup red wine vinegar
2 Tbsp lemon juice
1 tsp Dijon mustard

1. **Preheat and grease the grill plate** of barbecue over high heat.
2. **Thickly slice the large capsicum into** 2cm thick strips, discarding seeds. Add to a bowl along with baby capsicums and toss in 1 Tbsp of oil, then season. Drizzle remaining oil over bread.
3. **Grill capsicum strips and baby** capsicums for about 5 minutes or until golden and slightly charred, turning once. Transfer to a plate. Grill bread for about 1 minute each side or until lightly charred. When bread is cool enough to handle, rub it lightly with the garlic clove. Set aside.
4. **Meanwhile, put all the dressing** ingredients into a jar. Season and shake well. Set aside.
5. **Combine tomatoes, cucumber,** eshallot and basil in a large bowl.
6. **Tear sourdough into bite-sized** pieces directly into the tomato mixture. Drizzle with half the dressing. Toss to coat.
7. **Arrange on a platter or serving** bowl and top with capsicum.
8. **Serve salad topped with extra** basil, and remaining dressing on the side to add as desired.

CHEESE LOVERS

Serve panzanella salad adorned with a beautiful ball of buffalo mozzarella and allow guests to scoop into its gooey centre as they help themselves to this vibrant dish.

RIB EYE WITH MUSTARD AND FIG AND GIN GLAZE

PREPARATION: 10 minutes
COOKING: 1 hour 25 minutes
SERVES: 12

- 3.8kg beef rib roast (6-bone), trussed
- ¼ cup store-bought fig and gin paste (see tip, below)
- 1 Tbsp wholegrain mustard, plus extra to serve
- Sea salt and freshly ground black pepper, to season
- Extra virgin olive oil, to drizzle
- 4 red onions, ends trimmed, halved
- 1 bunch each rosemary and thyme, plus extra to garnish
- 4 bay leaves, plus extra to garnish
- Dijon mustard and red currant jelly, to serve

1. **Wrap each bone with foil to** prevent them burning during cooking.
2. **Set beef aside for 1 hour at** room temperature.
3. **Meanwhile, combine paste and** mustard into a bowl. Season.
4. **Preheat a lidded barbecue to high** (about 220°C-250°C). Grease the grill or flat plate with oil. Season beef all over. Sear beef for 10 minutes, with lid up, turning until caramelised all over. Cover with lid and cook for a further 10 minutes.
5. **Lay onions and herbs in the base of** a large foil tray. Drizzle with oil.
6. **Reduce barbecue temperature to** medium-low (about 140°C). Place seared beef on top of onions and herbs. Spoon a half of the paste mixture onto the beef. Cook for 40 minutes, with the lid down.
7. **Baste beef with remaining paste** and cook for a further 20-25 minutes, until the internal temperature reads 54°C (medium-rare) on a meat thermometer (see 'A few variables' tip on page 40).
8. **Remove beef from barbecue, cover** loosely with foil, and rest for 30-40 minutes. The beef will continue to cook.
9. **Arrange beef and onions on a** serving platter. Garnish with extra herbs. Serve with Dijon mustard, red currant jelly and extra wholegrain mustard. Carve beef at the table.

CARVE IT UP!

Whilst this roast has 6 bones, you will be able to carve almost double that in number of steaks. Your guests can choose between a bone-in steak, or one without.

Flavour bomb!

We used a 100g store-bought fig and gin paste, more commonly served on a cheese platter. We love it because it's a speedy way to add a depth of flavour to the beef. You can also purchase other paste flavours such as fig and fennel, spiced pear or quince. Which one will you try?

From start ...

BRIE BOARD WITH GRILLED TOMATO, CHORIZO AND POMEGRANATE HONEY

SMOOSHINGLY GOOD

Forget butter boards, take it to the next level with a brie board. If brie isn't your thing, you could also use cream cheese, labne or fresh ricotta.

BRIE BOARD

PREPARATION: 10 minutes
COOKING: 5 minutes
SERVES: 6

2 Tbsp pomegranate arils (seeds)
¼ cup honey
600g double brie
200g truss sugar plum tomatoes
¼ cup extra virgin olive oil
1 clove garlic, minced
3 sprigs thyme
3 sprigs fresh oregano
Finely grated zest of 1 lemon
Sea salt and freshly ground black pepper, to season
1 chorizo, thinly sliced into rounds
Parsley and micro herbs, to garnish
Crackers, to serve

1. **Put pomegranate and honey in a jar,** stir and set aside for flavours to infuse.
2. **Slice brie into 1cm** thick slices and arrange on a serving platter. Set aside to allow brie to soften slightly.
3. **Preheat the grill plate of** a lidded barbecue over medium-high heat.
4. **Combine tomatoes, 2 Tbsp olive** oil, garlic, thyme, oregano and zest in a small foil tray. Season. Place tray onto one side of the barbecue, placing chorizo next to it in a single layer. Cook for about 5 minutes, with the lid down, turning chorizo halfway, until lightly charred, and tomatoes begin to burst.
5. **Meanwhile, use the back of** a teaspoon to smoosh the softened brie onto the platter.
6. **Arrange hot chorizo and tomato** mixture on top of brie. Spoon the pomegranate honey over the top, drizzle with remaining oil, then scatter with parsley and micro herbs. Serve immediately with crackers.

GRILLED FLAT BREAD WITH HERB AND GARLIC OIL

PREPARATION: 15 minutes
COOKING: 6 minutes
SERVES: 6

¼ cup extra virgin olive oil, plus extra to serve
1 Tbsp finely chopped flat-leaf parsley
1 tsp dried oregano
½ clove garlic, minced
3 Greek pitta breads
Sea salt flakes, to season
Caramelised balsamic vinegar, to serve

1. **Preheat and grease the grill plate** of barbecue over medium-high heat.
2. **Combine olive oil, parsley,** oregano and garlic. Brush both sides of each pitta with the olive oil mixture.
3. **Grill bread for 1 minute each** side until puffed and slightly charred. Season with salt.
4. **Cut into pieces and serve with** balsamic vinegar and extra oil.

… to finish

BARBECUED MANGO AND STRAWBERRY ETON MESS

PREPARATION: 15 minutes, plus standing time
COOKING: 5 minutes
SERVES: 6

250g strawberries, cut into quarters
2 Tbsp caster sugar, plus extra 1 tsp
2 mangoes, chilled
2 tsp extra virgin coconut oil, melted
Ice, to serve (optional)
6 scoops vanilla bean ice-cream
150ml thickened cream, whipped
50g meringue nests, broken into pieces
Edible flowers and mint leaves, to garnish

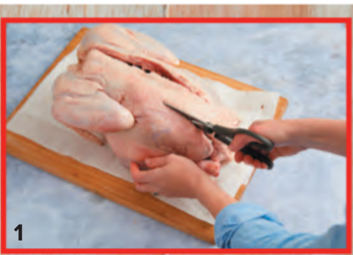
1. **Combine strawberries and caster** sugar in a bowl. Set aside for 30 minutes.
2. **Meanwhile, preheat and grease the** grill plate of barbecue over high heat.
3. **Slice cheeks from mangoes, keeping** stone for another use (see tip, below). Brush cheeks with a little oil and sprinkle with extra sugar. Grill mango cheeks, cut side down, for 4-5 minutes or until sugar caramelises. Remove and set aside until cool enough to handle. Score flesh of each cheek into a cross-hatch pattern.
4. **Set out 6 glasses, in a bed of ice if** you like. Spoon ice-cream, cream, strawberry mix and meringue into glasses.
5. **Use a dessert spoon to scoop out** grilled flesh of the mango and add to glasses. Garnish with edible flowers and mint. Serve immediately.

Precious stones

Don't throw away those mango stones! Peel off the centre skin with your hands and firmly squeeze the juicy flesh of the stone into a bowl. Pour the pulpy mixture in ice-block trays and freeze. Add to smoothies, enjoy as an icy snack or defrost and swirl into a bowl of ice-cream.

HOW TO... Butterfly

Show your prowess in the kitchen by butterflying the turkey yourself (or cheat and ask your butcher to do it)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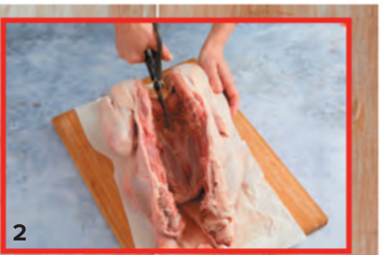
Using kitchen shears, snip up one side of the turkey's tail and all the way along the backbone.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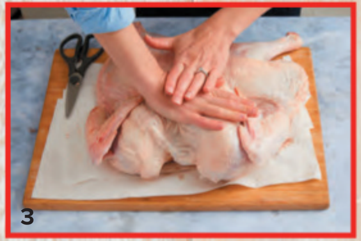
Repeat with the other side and remove the backbone. At the neck end, snip the breast bone.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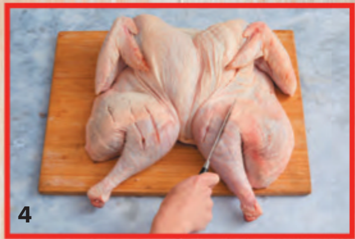
Flip turkey so it's skin-side up. Place both hands where the two breasts meet in the middle, then firmly push down until you hear a crack, and turkey is flat.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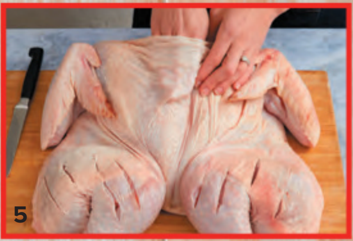
Using a large sharp knife, make several slits in the turkey's thighs.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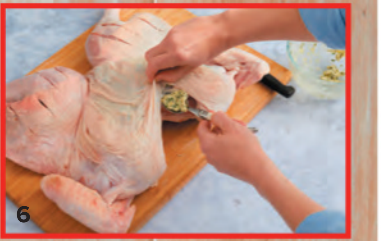
Use your fingers to separate the turkey skin from the breast meat only. Tuck the wings under the body.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Place spoonfuls of butter under the skin of the breast meat only, then generously season the whole turkey.

BUTTERFLIED TURKEY WITH MAPLE AND THYME GLAZE (PAGE 33)

PREPARATION: 30 minutes
COOKING: 1 hour 45 minutes
SERVES: 12

6kg whole fresh turkey
100g butter, chopped, softened
2 cloves garlic, minced
1 Tbsp finely chopped flat-leaf parsley
Sea salt and freshly ground black pepper, to season
Watercress, to garnish

MAPLE AND THYME GLAZE
¼ cup maple syrup
⅓ cup brown sugar
1 Tbsp Dijon mustard
5 cloves
5 sprigs fresh thyme
1 stick cinnamon
Juice of ½ orange

1. Pat turkey dry with kitchen paper towel. Place on a large tray, uncovered, and refrigerate overnight.

2. Combine butter, garlic and parsley in a bowl. Season well and set aside.

3. Butterfly turkey. See step-by-step instructions at top of this page.

4. Preheat a lidded barbecue to low-medium heat (approx. 130°C).

5. Place turkey, cut-side down, directly onto the hot plate or grill plate. Cook, with the lid down, for 45 minutes.

6. Meanwhile, to make maple and thyme glaze, put all ingredients in a small saucepan over medium heat on the barbecue side burner or on a stove. Cook, stirring, until sugar has dissolved. Reduce heat to low and cook, stirring for about 10 minutes or until the mixture thickens. Set aside.

7. Turn one side of the barbecue to low and the other side to medium (about 150°C). Brush turkey skin with a thin layer of glaze and cook for 45 minutes.

8. Liberally brush turkey skin with glaze and cook for a further 15 minutes, basting every 5 minutes until golden and meat is cooked. A meat thermometer should read 73°C when inserted into the thigh (see tip, below left) or when inserted at thickest part of the breast. The juices should run clear, not pink.

9. Remove from the barbecue, cover loosely with foil, and set aside to rest for 30 minutes.

10. For wow-factor, you can serve the turkey butterflied on a large board or platter and carve into pieces at the table. Garnish with watercress. MM

Butterflied is best

By simply butterflying the turkey, you'll be able to cook it confidently. It will heat through more evenly, much faster and keep the meat moist for a better result.

A few variables

As all barbecues are a little bit different, with many variables (barbecue type, accuracy of the temperature gauge, even the weather – go away wind!), we do recommend testing to see if the meat is cooked by using a meat thermometer. Start checking before the cooking time has elapsed, just in case!

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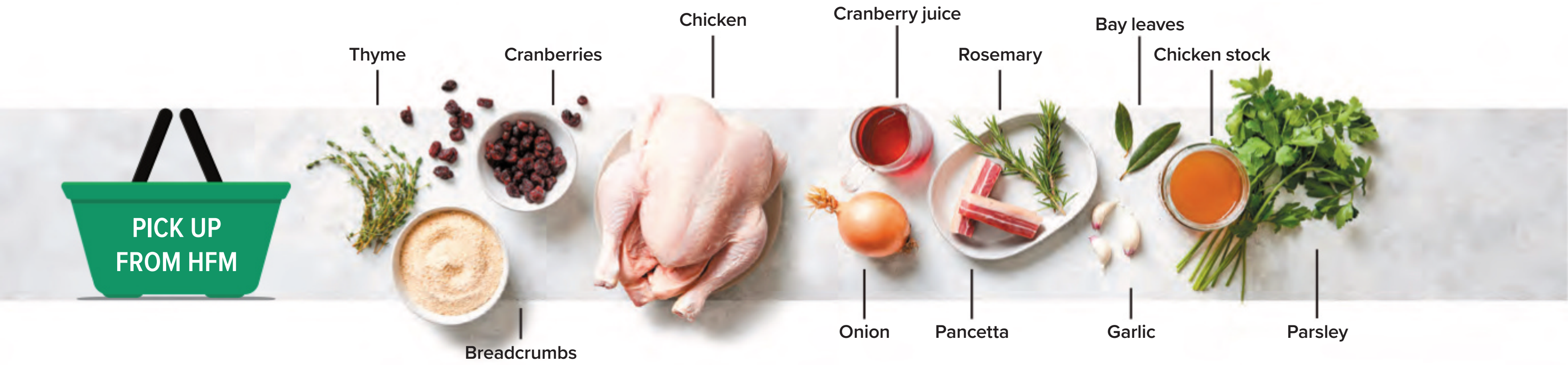


CRANBERRY AND PANCETTA STUFFED ROAST CHICKEN WITH CRANBERRY JUS

PREPARATION: 35 MINUTES • COOKING: 2 HOURS 25 MINUTES • SERVES 4

Step 2

Step 3

Step 4

INGREDIENTS

1 large whole chicken (approx. 1.8kg)

STUFFING

1 brown onion
3 cloves garlic
120g piece flat pancetta
¼ bunch flat-leaf parsley
8 sprigs thyme
1 sprig rosemary
Olive oil, to drizzle
50g dried cranberries
125ml cranberry juice
125ml chicken stock
Sea salt flakes and freshly ground pepper, to season
150g panko breadcrumbs

CRANBERRY JUS

100g dried cranberries
4 sprigs thyme
1 sprig rosemary
1 fresh bay leaf
500ml chicken stock
250ml cranberry juice
¼ cup red wine
¼ cup caster sugar
2 Tbsp plain flour

1. **Preheat oven to 160°C fan-forced.**
2. **To make stuffing, finely dice onion,** finely chop garlic and cut pancetta into small batons. Pick parsley, thyme and rosemary leaves. Chop herbs separately, reserving several whole leaves for garnish.
3. **Heat a large frying pan over high** heat and drizzle in a little olive oil. Add pancetta and cook for 2-3 minutes or until golden. Add onion and garlic, and cook for 2 minutes. Add chopped thyme and rosemary, along with cranberries, and cook for 1-2 minutes. Pour in juice and stock, bring to the boil, then turn off the heat. Season. Add parsley and breadcrumbs, then mix well and set aside.
4. **Stuff chicken cavity with as much** stuffing mix as possible. Reserve remaining stuffing. Tie chicken legs together with kitchen twine. Place chicken in an oven tray lined with baking paper.
5. **Rub chicken with a little olive oil and** season. Place in oven and cook for 1½ to 2 hours until golden and cooked through.
6. **To make the cranberry jus, put** cranberries into a saucepan. Add thyme, rosemary, bay leaf. Pour in stock, juice, red wine and sugar. Cook, stirring over medium-high heat, until boiling. Reduce heat to medium-low and simmer for 45 minutes or until reduced by half.
7. **Remove cooked chicken from oven** and rest for 15 minutes in baking tray. Take chicken out. Add ½ a cup of water to the tray. Scrape all oils, juices and stickiness from the baking paper and tray, into the jus.
8. **Place remaining stuffing into the** same tray you cooked the chicken, and cook for 10 minutes or until warmed.
9. **In a bowl, whisk flour and ¼ cup of** cranberry jus until a smooth paste forms. Slowly add paste back to the jus while whisking. Increase heat to medium-high. Cook, stirring for 5 minutes until thickened.
10. **Serve chicken garnished with** reserved herbs, and with cranberry jus and extra stuffing on the side.

FEEDING THE FAMILY Festive Special!

FROM HARRIS FARM • ALL INGREDIENTS

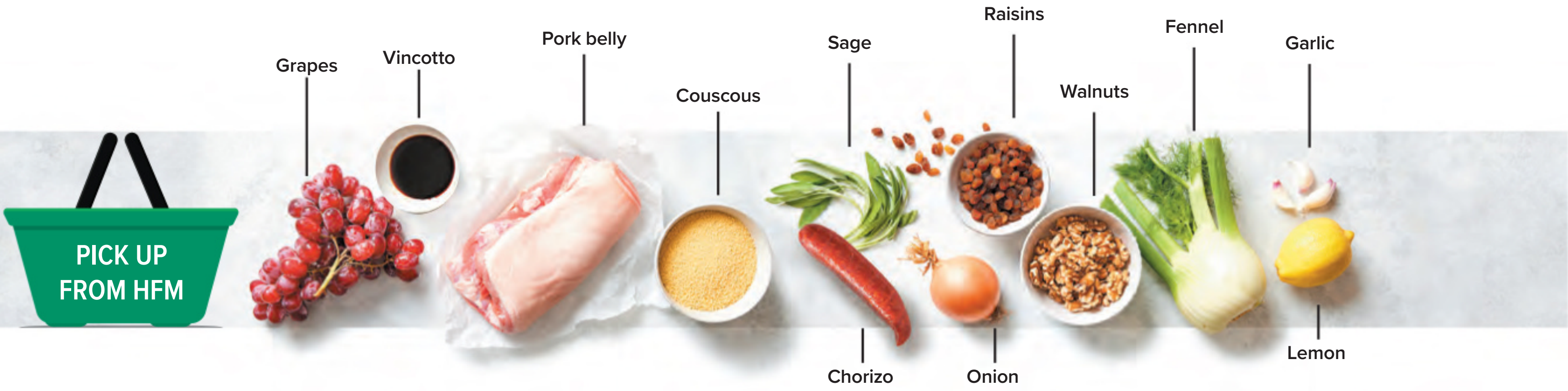
Cook's TIP

Serve chicken with a side of rosemary roasted potatoes and a leafy green salad.

FOR MATES AND DATES

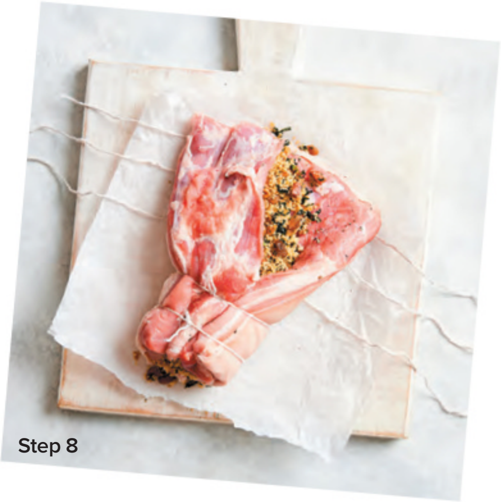
Tie extra herbs in a bouquet made of fresh rosemary and bay leaves to the chicken legs as a garnish.

RECIPES AND FOOD STYLING: ALEJANDRO FRANCO • PHOTOGRAPHY AND PROP STYLING: BONNIE COUMBE



CHRISTMAS STUFFED PORK BELLY WITH COUSCOUS, CHORIZO, RAISINS AND SAGE

PREPARATION: 35 MINUTES, PLUS 2 HOURS SALTING • COOKING: 2 ½ HOURS • SERVES 4



INGREDIENTS

1–1.2kg boneless pork belly
Sea salt flakes and freshly ground pepper, to season
½ brown onion
¼ bulb fennel
2 cloves garlic
1 chorizo
½ bunch sage
¾ cup walnuts
1 cup couscous
Olive oil, to drizzle
¾ cups raisins
Vincotto, to drizzle
½ lemon
½ bunch red seedless grapes

1. **Pat pork dry with paper towel.** Sprinkle salt over the skin and set aside at room temperature for 2 hours.
2. **Finely dice onion and fennel. Chop** garlic, dice chorizo into small cubes, pick and finely chop sage leaves, reserving the six largest leaves for garnishing. Roughly chop walnuts and set aside.
3. **Place couscous into a mixing bowl.** Season. Add 250ml boiling water, stir and cover with plastic wrap. Set aside for 3 minutes. Uncover and fluff with a fork until couscous is separated and fluffy. Set aside.
4. **Heat a frying pan over high heat,** drizzle with a little olive oil, add chorizo and sauté for 1-2 minutes. Add onion and fennel and sauté for further 2 minutes. Add garlic, sage and raisins. Sauté for another 2 minutes. Reduce heat to medium and add walnuts. Stir and remove from heat.
5. **Mix couscous and chorizo mixture** together and season. Drizzle with a little vincotto and mix through. Add the finely grated zest of half a lemon, then set aside.
6. **Preheat oven to 160°C fan-forced.**
7. **Pat pork dry with paper towel again,** also removing the salt. Use a sharp knife to score the skin with 2-3mm deep slices, 1-2cm apart. Turn pork over, skin-side down. Butterfly the flesh of one side of the belly meat. Season. Add 1 cup of stuffing into the butterflied cavity and press down firmly, reserving remaining stuffing.
8. **Cut 5 lengths of kitchen twine to** approx. 40cm. Roll belly into a log and tie with twine. It's OK if some stuffing falls out.
9. **Place pork on a roasting rack in an** oven tray. Season with salt and rub with olive oil. Place pork in oven and cook for 1 ½ hours. Increase oven temperature to 200°C and cook for further 30 minutes.
10. **During the final 30 minutes of pork** cooking, place grapes on a baking tray lined with baking paper. Drizzle with a little olive oil and vincotto, toss and bake for 15 minutes or until softened. Set aside.
11. **Turn oven to grill function. Grill** pork for approx. 5 minutes until it starts bubbling, then turn and repeat until all of the skin has bubbled. Remove from oven and set aside to rest for 15 minutes.
12. **Serve reserved stuffing on a platter** with slices of pork and roasted grapes. Drizzle with a little more vincotto and garnish with reserved sage leaves (see 'For mates and dates' tip, opposite).

HINT! HINT!
Don't have vincotto? Just use caramelised balsamic vinegar instead.

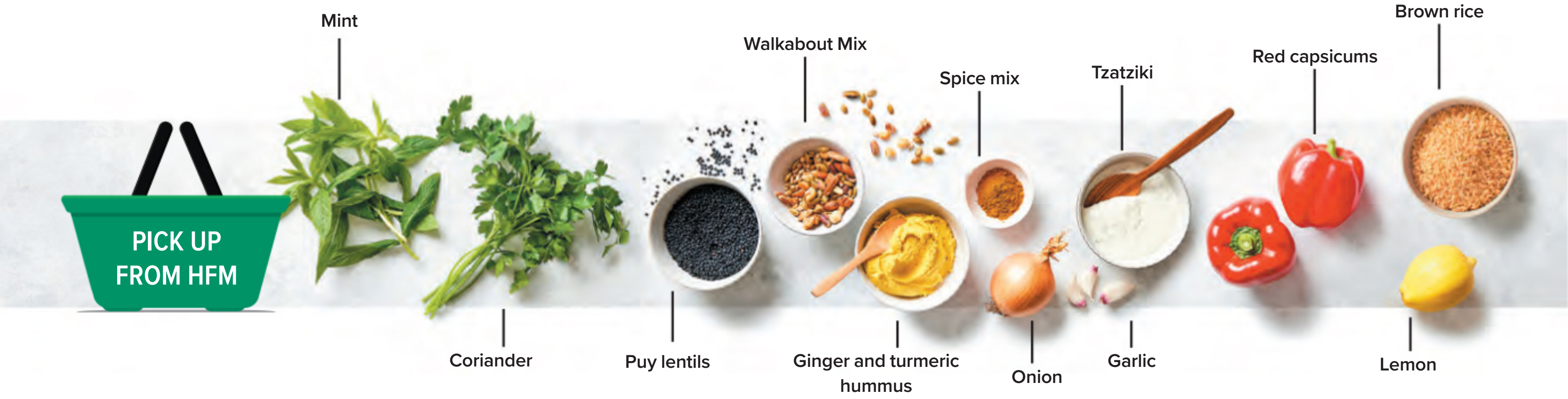
FOR MATES AND DATES

Fry the 6 reserved sage leaves in a frying pan on medium-high heat with vegetable oil for 30 seconds until crispy. Set aside on paper towel, then use as a garnish.

EXTRA!
Serve with a side of buttered green beans.

Cook's TIP

To get great crackling, prepare pork the day before and leave it uncovered in the fridge. This will help dry the skin – resulting in crisper crackling!



LENTILS, RICE AND NUT STUFFED CAPSICUMS WITH HUMMUS AND TZATZIKI

PREPARATION: 20 MINUTES • COOKING: 1 HOUR 5 MINUTES • SERVES 4

Step 7

Step 8

Step 9

INGREDIENTS

1 ½ cups brown rice
1 cup puy lentils
Olive oil, to drizzle
Caramelised balsamic vinegar, to drizzle
½ bunch mint, washed, leaves picked
½ bunch coriander, washed, leaves picked
1 brown onion
2 cloves garlic
4 red capsicums
Cooking oil spray
½ Tbsp Moroccan spice mix
Sea salt flakes and freshly ground pepper, to season
1 lemon
75g Brookfarm Nightcap Ranges Walkabout Mix
225g tub ginger and turmeric hummus
200g tub tzatziki

1. **Preheat oven to 220°C fan-forced.**
2. **Cook rice using your preferred** method, following packet directions, then set aside.
3. **Meanwhile, place lentils into a** medium pot and fill ¾ of the way with salted water. Bring to the boil over high heat, then reduce to medium heat and simmer for 15-20 minutes or until tender. Drain and return to the pot off the heat, drizzle with a little olive oil and vinegar, then set aside.
4. **Finely chop mint and coriander,** reserving a handful of the whole leaves for garnishing.
5. **Finely dice the onion and thinly** slice cloves of garlic.
6. **Heat a medium frying pan over** high heat, drizzle with a little olive oil and add onion and garlic. Cook for 2 minutes, stirring until golden and soft, then set aside.
7. **Cut tops off the capsicums and** set aside. Remove the white core and seeds from inside the capsicums. Transfer to an oven tray lined with baking paper. Spray a little oil inside capsicums, sprinkle with Moroccan spice mix, then season and set aside.
8. **Place cooked lentils and rice** into a large mixing bowl. Cut lemon in half. Finely grate the zest of ½ the lemon directly into the bowl, then add the juice of the same half. Add nut mix, cooked onion mixture, mint and coriander, then season. Mix to combine.
9. **Spoon mixture among the** capsicums, filling each to the top. Place reserved capsicum tops back on top. Bake for 30 minutes.
10. **Spread ginger and turmeric** hummus on a serving platter. Arrange capsicums on top of hummus and remove tops. Drizzle a little tzatziki on top, then return tops to capsicums. Garnish with reserved coriander and mint leaves and serve with remaining tzatziki and lemon half, cut into wedges, on the side. **MM**

FOR MATES AND DATES

Add grilled haloumi cheese to the lentil mix for extra flavour or, for the meat lovers, add cooked pork.

Cook's TIP

The nut mix used includes Christmas faves – pistachios, almonds, macadamias, currants and cranberries.

HINT! HINT!
Puy lentils are also sold as French green lentils.

ASK MUM OR DAD TO HELP

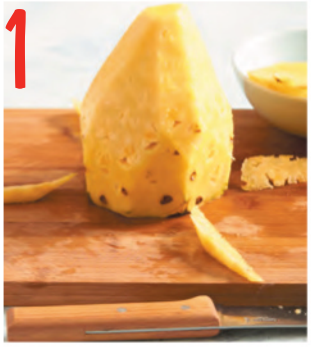
You can use this as an awesome edible table centrepiece, or give it as a gift.

STRAWBERRY CHRISTMAS TREE

PREPARATION: 40 minutes
COOKING: Nil
SERVES: 12

- 1 topless pineapple
- 5 x 250g punnets strawberries
- Lots of toothpicks!
- Icing sugar mixture, to dust (optional)

1



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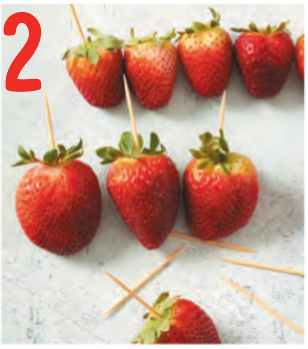

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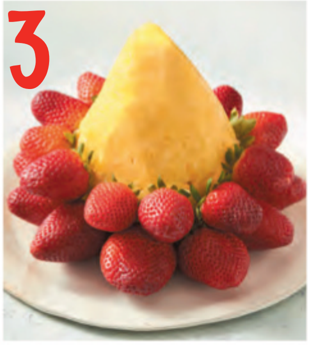

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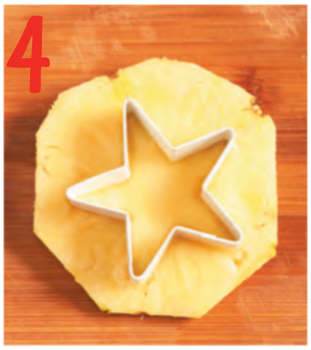


STEP 1 ADULTS – Use a serrated knife to carve off pineapple skin. Starting at the top, make 4 cuts down from the centre core, on an angle, to begin shaping into a cone. Repeat with 4 thinner cuts, starting from each corner of the core. Make several more thin cuts, shaping pineapple into a Christmas-tree-shaped cone. Cut off a 1.5cm-thick slice from the base. Set aside. Put pineapple on a serving plate.

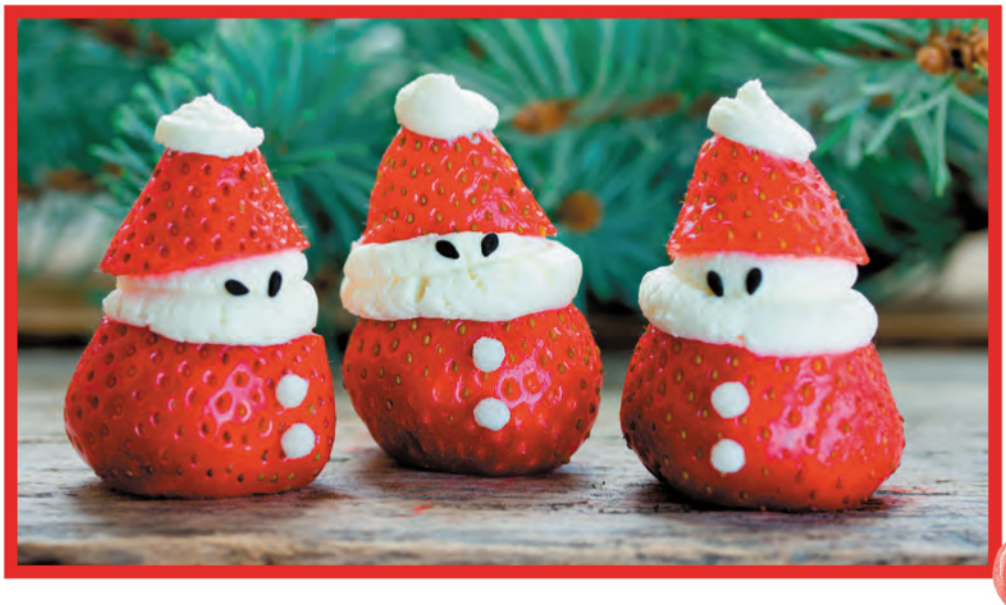
STEP 2 KIDS – Arrange strawberries in order of smallest to largest. Carefully insert a toothpick into the centre of the calyx (the green leafy part of the strawberry!), keeping the strawberries in size order.

STEP 3 KIDS – Starting with the largest ones, insert a row of strawberries around the base of the pineapple cone, pushing the toothpick into the pineapple. Repeat with another layer of smaller strawberries on top. Continue layering smaller strawberries until the pineapple is completely covered, including placing a strawberry upside-down on top of the pineapple.

STEP 4 KIDS – Use a star-shaped cookie cutter to cut out a star from the reserved pineapple slice. Insert a toothpick into the star and proudly place it on top of the tree. To finish, dust with icing sugar (if you like). *Ta da!* **MM**

Extra EXTRA!

To make these cute-as Santas, combine cream cheese and icing sugar. Pipe or swirl your mixture in-between strawberry halves. Add black sesame seeds for eyes, then pipe or swirl on buttons and pom-poms for the hats.

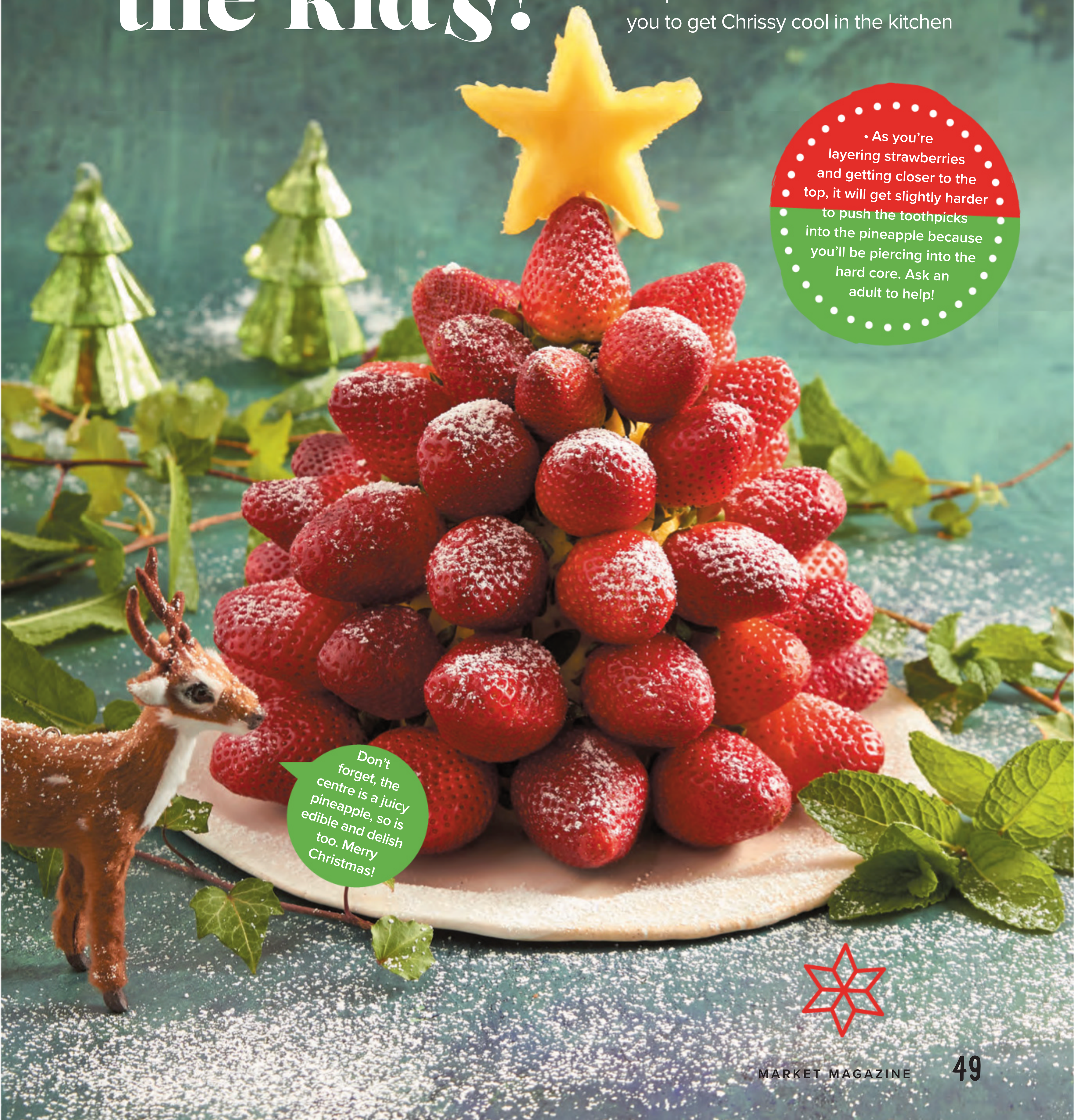


PHOTOGRAPHY, STYLING AND RECIPE: ELLE VERNON

CUT OUT AND SAVE IN YOUR OWN RECIPE SCRAP BOOK!

Over to the kids!

Hiya kids, here's an awesome Christmas tree you can actually eat! 😋 So get ready to turn into a clever foodie and put on a Santa hat – it's time for you to get Chrissy cool in the kitchen



• As you're layering strawberries and getting closer to the top, it will get slightly harder to push the toothpicks into the pineapple because you'll be piercing into the hard core. Ask an adult to help!

Don't forget, the centre is a juicy pineapple, so is edible and delish too. Merry Christmas!

Win!

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Sweet Cheats!

Oh, yes please! Make your desserts as easy as possible and choose Harris Farm Markets ready-mades or Ready to Cook kits delivered online – and they'll do most of the work for you

Pavlova is such a fave that's why this sweet cheat is so good – you're still 'making' dessert, just with ready-made pav layers!

BERRIES AND CREAM STACKED PAVLOVA Recipe page 54

MANGO, RASPBERRY AND COCONUT SPONGE CAKE

PREPARATION: 15 minutes
COOKING: 45 minutes
SERVES: 4

WHAT IS IN THE KIT

4 mangoes
250g butter
6 eggs
1kg self-raising flour
350g vanilla yoghurt
125g raspberries
1kg caster sugar

WHAT YOU NEED FROM THE PANTRY

100g desiccated coconut
Icing sugar

CHEF'S NOTE

For extra decadence, serve with vanilla yoghurt, freshly whipped cream or mascarpone. You can also use fresh blueberries instead of raspberries. Remember to use fresh berries, not frozen, for optimum results. If you would like extra crunch, top with chopped or crumbled Italian-style almond biscuits.

To save time on baking day, weigh dry ingredients a day or two earlier. Grease and line a cake tin and store covered until ready to start cooking. Do try to bake cake as close to serving day as possible to retain flavour and texture.

CHEAT!
If you're short on time, you can order HFM's Ready to Cook version and have all the ingredients and digital copy of cooking instructions delivered to you!

How to order READY TO COOK KITS

Go to HFM's Ready to Cook range online and order a kit with everything you need, for stress-free and time-smart entertaining!
For all kit information and cooking instructions, visit harrisfarm.com.au and search the recipe name.

MANGO AND VANILLA MASCARPONE TRIFLE

PREPARATION: 35 minutes, plus 8 hours chilling time
COOKING: 10 minutes
SERVES: 4

WHAT IS IN THE KIT

2 mangoes
1kg caster sugar
6 eggs
250g mascarpone
600ml cream
400g digestive biscuits
1 vanilla bean pod

WHAT YOU NEED FROM THE PANTRY

50g unsalted butter
Edible flowers (optional)

CHEF'S NOTE

If you prefer a more traditional trifle, replace the biscuit crumb layers with sponge, vanilla or butter cake roughly broken into pieces. You can sprinkle a little alcohol over the biscuit or cake layer for added flavour – Chambord and limoncello would both work well with the mango. So delicious!

ORGANIC PERUVIAN PURE NACIONAL
DARK COUVERTURE CHOCOLATE
FORTUNATO No.4
SINGLE ORIGIN ANVERS
Fortunato No.4 Available in all Harris Farm stores

GATEAU BRETONETTE

A very light butter sponge with chocolate pieces

- 6 egg yolks
- 125 g sugar
- 6 egg whites
- 110 g plain flour sifted
- 100 g butter
- 60 g finely chopped dark Peruvian Nacional "Fortunato No4"
- Extra butter and flour for greasing of the tin
- Dark Peruvian Nacional
- Chocolate for grating Icing sugar for dusting

Preheat the oven to 180°C. Prepare the tin - melt the extra butter and paint the tin liberally, then let it set. Repeat this process and dust the tin with flour. Use the same saucepan to melt the butter for the recipe (do not overheat). Whisk the egg whites with a small amount of the sugar to stiff peak. Whisk the egg yolks and the remaining sugar to ribbon stage. Mix the flour and chocolate pieces together and carefully fold this into the egg yolks. Carefully fold in the egg whites one scoop at the time (do not overmix) followed by the melted butter. Scoop this into the greased tin and bake immediately for approximately 20 minutes until golden brown (test the centre with a skewer or small knife). After baking the cake, let it cool for 10 minutes and turn it over onto a plate. Grate the chocolate over the cake whilst it is still lukewarm. The grated chocolate will half melt and stick to the cake. Dust the cake with icing sugar when it has cooled. Note: Do not use a spray can of oil for the greasing of the tin.

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BERRIES AND CREAM STACKED PAVLOVA (PAGE 51)

PREPARATION: 15 minutes
COOKING: Nil
SERVES: 4-6

INGREDIENTS

2 x 600ml tubs pure cream
2-3 Tbsp icing sugar
1-2 tsps vanilla bean paste
2 store-bought ready-made pavlova layers
Strawberries, sliced
Raspberries
Blueberries
Crushed freeze-dried raspberries, edible flowers and gold leaf, to garnish (optional)

METHOD

1. **Whip cream, icing sugar and vanilla in** a chilled bowl until firm enough to spread.
2. **Place one pavlova layer onto a serving** plate or cake stand. Dollop over about ⅔ of the whipped cream and spread lightly over base.
3. **Arrange some of the sliced strawberries** and berries over cream.
4. **Top with remaining pavlova layer and** spoon over remaining cream.
5. **Decorate top of pavlova with raspberries,** blueberries and sliced strawberries.

Optional: To make pavlova extra special, add crushed freeze-dried raspberries and edible flowers on top. Finish with edible gold leaf and/or powder (from specialty store) sprinkled over top.

Movable FEAST

You can buy ready-made pavlova shells from HFM. Take your pav to a friend's house with ingredients carried separately. When ready to assemble, whip cream, spread over pavlova layers with fruit between and on top, then decorate with flowers or gold dust to finish. It's simple – pav, cream, fruit and repeat!

BERRIES, YOGHURT AND CREAM MERINGUES WITH ROASTED HONEY CASHEWS

PREPARATION: 15 minutes
COOKING: Nil
SERVES: 8

WHAT IS IN THE KIT

100g meringue nests
350g yoghurt
200g honey cashews
300ml cream
125g blueberries
250g strawberries

WHAT YOU NEED FROM THE PANTRY

Icing sugar

CHEF'S NOTE

Use your favourite fruits instead of berries – a tropical mix of chopped mango, sliced banana and passionfruit is also a winning combination! For a very special Christmas treat, fill meringue nests with whipped cream, sprinkle with chopped chocolate, and top with fresh, pitted and halved cherries. Finish by sprinkling with icing sugar.

Assemble little meringues just before serving to avoid meringue going soft. Store any leftover assembled meringues in an airtight container in the fridge. Serve again within a couple of days. MM

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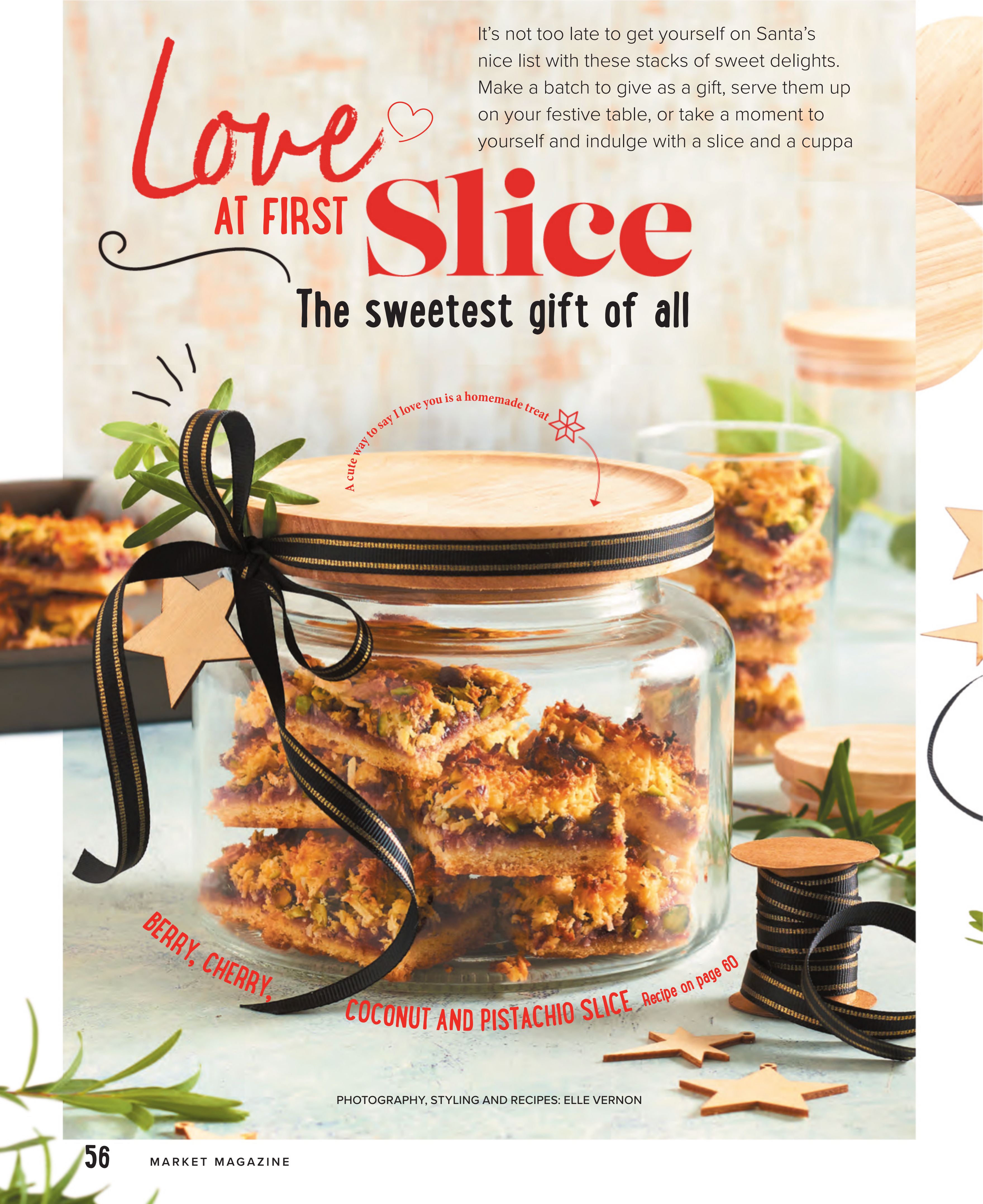
Scan for recipe

Babushka's Kefir range available in all Harris Farm stores + Online

Love AT FIRST Slice

The sweetest gift of all

It's not too late to get yourself on Santa's nice list with these stacks of sweet delights. Make a batch to give as a gift, serve them up on your festive table, or take a moment to yourself and indulge with a slice and a cuppa



A cute way to say I love you is a homemade treat

BERRY, CHERRY, COCONUT AND PISTACHIO SLICE

Recipe on page 60

PHOTOGRAPHY, STYLING AND RECIPES: ELLE VERNON

SALTED CARAMEL, CHOCOLATE AND MACADAMIA SLICE

Recipe on page 60

All our slices are made in the same size tin – convenient, huh?

GO NUTS

Aussie macadamias are hard to beat and they sure do scream summer! But of course you could use other nuts instead – hazelnuts, cashews, almonds or peanuts work just fine.

CHOCOLATE, GINGER, DATE AND ALMOND SLICE

FRUITY TIP
This slice has a good hit of ginger, however, if you'd like something more fruity, you can omit the ginger and add dried fruit instead. Try dried apricots, figs or cranberries.

PREPARATION: 15 minutes, plus 2 hours cooling time
COOKING: 5 minutes
SERVES: 18

Cooking oil spray, to grease
150g dried pitted dates, chopped
125g butter, chopped
⅓ cup caster sugar
3 cups cornflakes
½ cup crystalised ginger, chopped
¼ cup dry roasted and salted almonds, roughly chopped
200g milk chocolate, chopped
2 tsp coconut oil

1. **Grease a 20 x 30cm lamington tin** with cooking oil and line the base and sides with baking paper.
2. **Put dates, butter and sugar into** a medium saucepan. Cook over medium heat, stirring, for about 5 minutes or until sugar has dissolved, butter has melted and dates are soft and breaking apart. Remove from the heat.
3. **Immediately stir in cornflakes, ginger** and almonds, mixing well to combine, while also crushing the cornflakes to bring the mixture together.
4. **Spoon into the tin. Using an egg flip** or wide spatula, firmly push down mixture to flatten and smooth out.
5. **Melt milk chocolate and coconut oil** in a heat-proof bowl over a saucepan of simmering water until smooth. Pour onto slice and smooth.
6. **Chill for at least 2 hours or until slice** has set firmly. Cut into squares and serve.

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Phillippa's Top Entertaining Tips For Christmas

Phillippa's is driven primarily by clean flavours and uses fresh, seasonal ingredients. In 1994 Phillippa Grogan had a vision to create a bakery where everything was made using time-honoured recipes and techniques with the best ingredients available. Local where possible and often organic. No shortcuts. No tricks. Phillippa, and her amazing team of chefs and bakers, have not wavered from those founding principles and continue to deliver delicious award-winning food that is traditional, handmade and natural. "We use real butter, real eggs and zest from unwaxed lemons for our tarts, candy our own peel and use Belgian chocolate. We have created a range of preserves, slices, biscuits, and other pantry essentials that can be found in our stores, online and many good food stores," says Phillippa. **Visit phillippas.com.au.**

1.

CRANBERRY BISCOTTI
A great stand-by dessert, designed to be dipped into a sticky dessert wine.

2.

HONEY STARS
Crush and stir through whipped cream to bring a festive note to poached stone fruit.

3.

MINCE PIES
Serve as Mince Pie Ice-Cream; see recipe on our website.

4.

BELGIAN CHOCOLATE BROWNIE
Slice and serve with ice-cream and fresh raspberries for a quick elegant dessert.

5.

GINGERBREAD CHRISTMAS TREES
Decorate the festive table.

BERRY, CHERRY, COCONUT AND PISTACHIO SLICE (PAGE 56)

PREPARATION: 15 minutes, plus 2 hours cooling time
COOKING: 35 minutes
SERVES: 18

Cooking oil spray, to grease
100g unsalted butter, chopped, softened
¾ cup caster sugar
3 free-range eggs
1 cup plain flour
½ tsp baking powder
¾ cup desiccated coconut
¾ cup shredded coconut
⅓ cup pistachio kernels, finely chopped
⅓ cup cherry jam
⅓ cup strawberry jam

LET'S JAM
We used a combo of cherry and strawberry jams, but any jam or marmalade could work. Try a blend of raspberry and apricot, fig and orange, or just simply a layer of ginger marmalade.

1. Preheat oven to 180°C fan-forced. Grease a 20 x 30cm lamington tin with cooking oil and line base and sides with baking paper.

2. Using electric hand beaters, beat butter, ½ cup of the sugar and 1 egg in a large bowl until combined. Add flour and baking powder, beating until a smooth paste forms. Dollop over the base of the tin, then use the back of a spoon to spread mixture to cover the base in a thin, even layer. Bake for 14 minutes or until base is golden brown.

3. Meanwhile, to make the topping, put remaining 2 eggs and ¼ cup of sugar in a large bowl. Whisk until combined. Stir in coconut and pistachios.

4. Combine jams, then dollop over the warm base, spreading to cover. Crumble coconut mixture over the top. Bake for 20 minutes or until topping is golden.

5. Set aside to cool completely in the tin. Cut into pieces, then serve.

SALTED CARAMEL, CHOCOLATE AND MACADAMIA SLICE (PAGE 57)

PREPARATION: 15 minutes, plus 2 hours cooling time
COOKING: 40 minutes
SERVES: 18

Cooking oil spray, to grease
125g butter, chopped
½ cup brown sugar
1 cup plain flour
1 cup desiccated coconut
2 x 180g dark chocolate, chopped
4 tsp extra virgin coconut oil
200g macadamia halves, toasted, chopped
Sea salt flakes, to sprinkle

CARAMEL FILLING
50g butter, chopped
⅓ cup golden syrup
395g can sweetened condensed milk
½ tsp sea salt flakes

1. Preheat oven to 160°C fan-forced. Grease a 20 x 30cm lamington tin with cooking oil and line base and sides with baking paper.

2. Put butter in a large microwave-safe bowl. Microwave on low in small bursts until melted. Stir in sugar until combined. Add flour and coconut, then stir to combine.

3. Spoon into tin and press into the base to form a smooth, even layer. Bake for 20 minutes or until lightly browned. Remove from oven.

4. Meanwhile, to make salted caramel filling, put butter and golden syrup in a medium saucepan over medium heat. Cook, stirring, until butter has melted. Pour in condensed milk. Cook, stirring for 1 minute, then reduce heat to low and cook, stirring for 5 minutes. Stir in salt.

5. Pour hot caramel filling over hot base, spreading evenly to cover. Bake for 10 minutes or until caramel is bubbling and light golden. Set aside to cool completely.

6. Melt chocolate and coconut oil in a heat-proof bowl over a saucepan of simmering water until smooth. Pour half the mixture over cooled caramel filling. Scatter macadamias over the top, pressing in slightly. Drizzle remaining chocolate mix over the top. Set aside for 2 hours. Cut into pieces. Serve sprinkled with a little salt. MM

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FRUIT AND GRANOLA BREAKFAST CRUMBLE

The festive season is such a busy time of year – which is all the more reason to eat breckie! So add this to your holiday menu for supreme nutrition

PREPARATION: 20 minutes **COOKING:** 30 minutes **MAKES:** 4-6

- ⅓ cup maple syrup, plus extra to serve
- ½ tsp vanilla bean paste
- 1 Tbsp lemon juice
- 600g apples, peeled and cut into 2-3cm pieces
- 500g pears, peeled and cut into 2-3cm pieces
- 250g strawberries, hulled, larger strawberries halved
- 1 ½ cups granola (see box, right)
- ⅓ cup shredded coconut
- 2 Tbsp pepitas
- Greek-style natural yoghurt, to serve

1. **Preheat oven to 180°C fan-forced.** Combine 2 Tbsp maple syrup, vanilla and lemon juice in a medium ovenproof frying pan over medium heat. Add apples and pears. Mix until well combined. Cover and bring to the boil. Reduce heat, cover and simmer, stirring occasionally, for 15-20 minutes or until fruit is tender.
2. **Add strawberries. Cover and cook** for 3-4 minutes until strawberries begin to soften. Remove from heat.
3. **Place granola, coconut and pepitas** in a bowl. Drizzle with remaining 2 Tbsp maple syrup. Stir to combine.
4. **Sprinkle granola mixture over fruit.** Bake for 15-20 minutes or until fruit is very tender and granola is crisp and golden brown.
5. **Serve crumble with yoghurt and** a drizzle of extra maple syrup. MM

READY TO *Crumble?*

A seed and nut granola that is fruit-free is best for this recipe. Any crumble leftovers can be enjoyed cold, straight from the fridge with a dollop of yoghurt the next day. Or, if preferred, just pop it in the microwave and enjoy warm.

PHOTOGRAPHY: LOUISE LISTER. RECIPE AND STYLING: ANNETTE FORREST. PHOTO CHEF: LARA REYNOLDS

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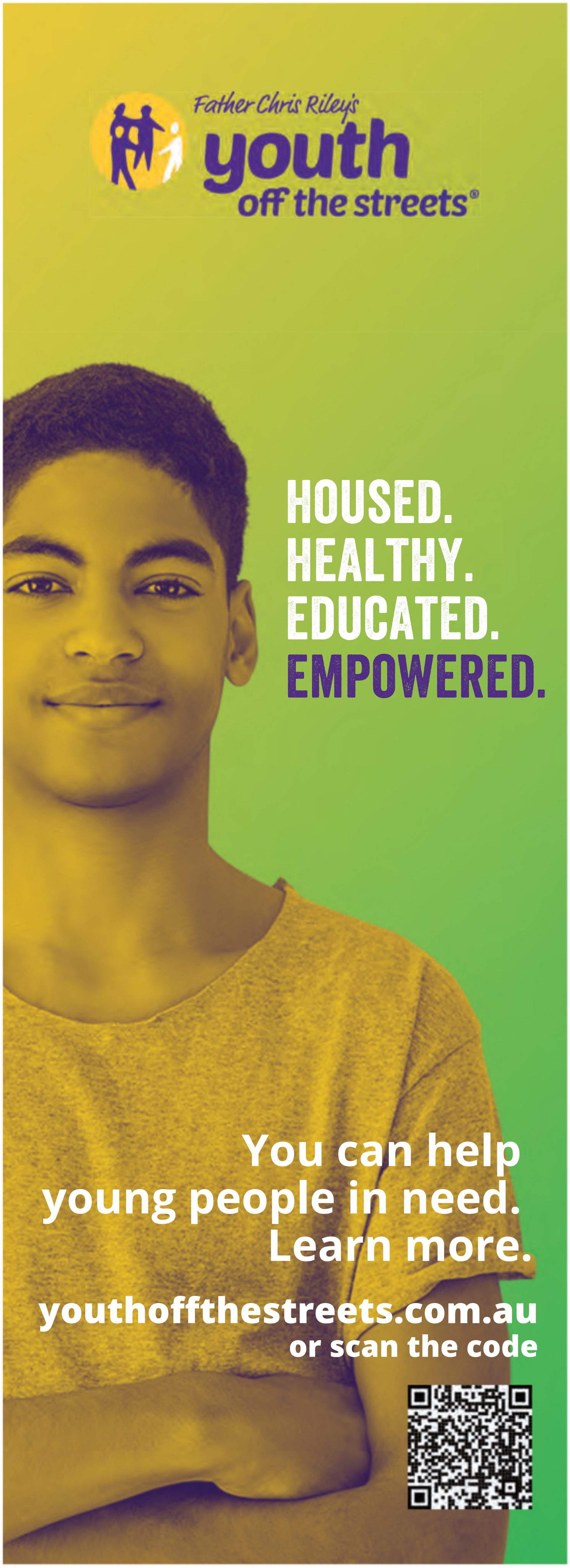
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Garden Notes

Our seasonal tips for planting, growing and nurturing your garden

IN FLOWER NOW

Chinese lantern

Nodding bell-shaped flowers, lit up by golden stamens, have earned this plant the perfect name – Chinese lantern (*Abutilon x hybridum*). An evergreen shrub, with large maple-like leaves, it produces masses of blooms from spring through to autumn, in shades of red, orange, yellow, white, cerise and pale pink. Plants flower best when they have plenty of sun and benefit from pruning a couple of times a year to avoid them becoming straggly. There are also dwarf forms available that stay much more compact and are great for growing in pots.

PHOTOGRAPHY: SHUTTERSTOCK

Mulching is your gift to the garden.

PREPARE FOR THE *heat*

Now spring has morphed into summer, it's a good time to make sure your garden is set up to cope with the hot months ahead.

GET WET

Most garden soils don't absorb water very well, and they can be especially hard to re-wet if they dry out completely during summer hot spells. Instead of soaking down to the roots, water will often just run off the surface, or at best only penetrate a couple of centimetres. So make it a practice every spring (and ideally twice a year) to apply a soil-wetting agent to your whole garden. These are available as both granular products, which are convenient for treating large areas, and liquid products that are applied via a watering can. And remember to treat all your pot plants at the same time.

MAKE MULCH

Mulch is the soil's sunscreen, reflecting the sun's rays and keeping the ground beneath moist, so plants can survive longer between waterings. Use an organic product, such as pea straw, compost or sugarcane mulch, applying a layer about 5cm thick over areas of bare soil. Wet it down and fork it over periodically to keep it loose. Avoid using pure grass clippings as mulch as they tend to pack down and form a mat, which prevents water from penetrating.

HOSING AROUND

Check your hoses at this time of year, and replace any that are cracked, leaky or too short. Non-kink hoses and retractable reels are both great options, making your watering chores much easier. Also consider installing a permanent irrigation system in thirsty parts of the garden – just be sure to first check the water regulations that apply in your area.

TIP

For an easy-care way to grow summer vegies, instal a 'wicking bed' with inbuilt water reservoir. Visit watersaver gardens.com.au.

PLANTINGS

There's a wide choice of warmth-loving flowers and vegies to plant right now.

VEGETABLES

- Beans
- Beetroot
- Capsicums
- Carrots
- Celery
- Cucumbers
- Eggplants
- Leeks
- Lettuce
- Melons
- Parsnips
- Pumpkins
- Radishes
- Silverbeet
- Squash
- Sweet corn
- Tomatoes
- Zucchinis

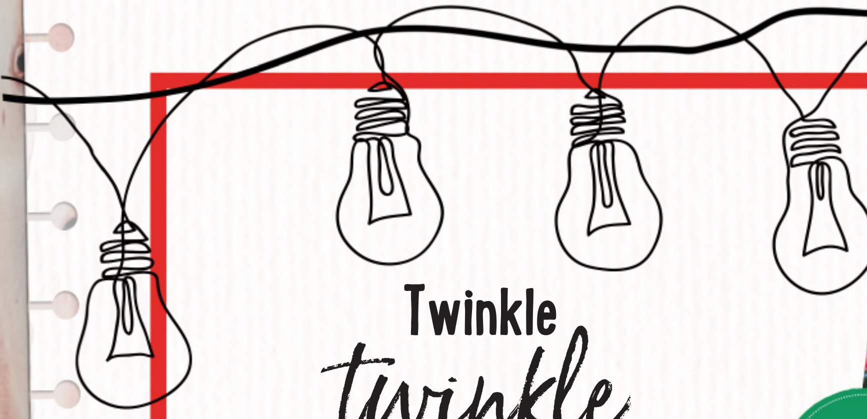
FLOWERS

- Ageratum
- Alyssum
- Californian poppy
- Calibrachoa
- Coleus
- Cosmos
- Gerbera
- Impatiens
- Marigold
- Salvia
- Snapdragon
- Petunia
- Phlox
- Portulaca
- Verbena
- Sunflower
- Torenia
- Vinca
- Zinnia

OUTDOOR AMBIENCE

Add a little campfire magic to your backyard with a weathered steel Tambo fire pit, incorporating its own log storage box. Featuring a 56cm bowl, it's very compact and ideal for intimate spaces like courtyards and patios where space is at a premium. Part of the Glow Fire Pit range, it's available from Bunnings stores nationally, $79. For more info, visit **glowheating.com.au.**

PHOTOGRAPHY: SHUTTERSTOCK



Twinkle twinkle

Give summer evenings outdoors a little extra sparkle by hanging candle lanterns from tree branches, or festooning fairy lights through trees and shrubs. With the Christmas entertaining season here, outdoor lighting can instantly transform your garden into a party zone and you don't even need an external power outlet – look for solar or battery-powered varieties, or go traditional with pillar candles and tea lights.

WATER-SMART STRATEGIES
COMPREHENSIVE PLANT DIRECTORY
DESIGN TIPS FOR BIG AND SMALL SPA
FUTUREPR
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Environmentally sustainable ways to grow more with less
STEWART & EMMA STEWART

BOOKS

WHAT TO READ

We all want to live more sustainable lifestyles and this book focuses the eco-spotlight onto our home gardens. Written by gardening presenter and author Angus Stewart and his horticulturist daughter, Emma, *Futurepoof Your Garden* explains how to create sustainable, resilient landscapes that are high on water efficiency, without sacrificing aesthetics. There's an extensive plant directory, plenty of design advice and soil-care info, and a selection of step-by-step projects, covering topics such as how to build your own wicking beds.

Published by Murdoch Books, $45.

OFF THE SHELF

Keep an eye out for plants in the nursery section of your local Harris Farm Markets

- **Hydrangea**
- **Poinsettia**
- **Sunflower**
- **Calandiva**
- **Phalaenopsis orchids**
- **Dendrobium orchids**
- **Calla Lily**
- **Mini Xmas trees**
- **Indoor plants**
- **Potted colour**
- **Geraniums**
- **Salvias**
- **Advanced vegies**

Note: Not all lines available at all stores.

Deep Purple

If you love rich purple shades in your summer garden, check out this new variety of Supertunia called 'Royal Velvet'. Spreading up to a metre in width, it covers itself in velvety purple blooms right through the warm months of the year and is ideal for large containers, hanging baskets or garden beds. Supertunias are improved forms of petunia, with superior vigour and better disease resistance – just water them, feed occasionally and enjoy the colour show. For more info, visit aussiewinners.com.au.

THINGS TO DO IN YOUR *Garden*

1

GREEN UP

the lawn for the summer entertaining season, by applying a hose-on lawn food in early December. They're quick and easy to use and you'll see results in just a week or so.

2

PLANT A PASSIONFRUIT

vine in a sunny spot, making sure it has a sturdy structure to climb on – metal mesh attached to a fence works fine. 'Panama Red' and 'Panama Gold' do well in tropical areas, while the grafted form 'Nellie Kelly' is a good choice for temperate areas.

3

PLANT UP

a few Christmas-themed flower containers – try a mix of red and white petunias or verbenas, or else go native with a NSW Christmas bush in a pot by the front door.

4

ADD A SIMPLE

water feature to your summer entertaining area. A glazed water bowl, with a few floating frangipani flowers, is simple but lovely; or buy a DIY fountain kit – there are even solar-powered versions available.

5

START LIQUID

fertilising gardenias every two to three weeks. They're especially hungry plants and this will keep them flourishing and encourage a long season of perfumed blooms.

6

SPRAY THE FRESH NEW

growth on lilly pillies with a horticultural oil, to prevent them getting attacked and blistered by psyllid insects.

7

TRY A HOMEMADE

organic spray for treating black spot fungus on roses: mix equal parts milk and water and add a teaspoon of bicarb soda. Spray the foliage about every three days, until it's spot-free.

8

FEED NATIVE PLANTS

that have finished their spring flowering with a gentle organic plant food such as blood and bone. Water in well and mulch lightly.

9

PLANT BASIL

as a companion for tomato plants – it helps repel pests and promotes healthier growth.

10

RAISE THE CUTTING

height of your mower as the weather warms up; taller grass keeps the soil cooler at root level and provides a more drought-hardy lawn.

11

ENJOY A COOL BLUE

colour scheme in your summer garden with plantings of plumbago, blue salvia, hydrangea and evolvulus.

12

PREPARE FOR

the outdoor living season by sprucing up wooden furniture. First rub it down with a soft brush, follow up with a specialised cleaner and then finish with a fresh coat of outdoor oil or varnish.

13

KEEP AN EYE ON

fruit trees (and tomato plants) for signs of fruit fly, and always remove fallen fruit. As well as fruit fly traps and sprays, you can cover ripening fruit clusters with exclusion bags. MM

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Nicoise Salad

Serves ***4*** *Cooking Time (min)* ***10***

Ingredients:

175g x Cups fresh Green Beans (Trimmed & Blanched)
1 x Iceburg Lettuce (washed & cut into quarters)
1 x Punnet Cherry Tomatoes (Cut into halves)
425g x Can Tuna in Spring Water (Drained)
½ x Spanish Onion (Thinly Sliced)
4 x Organic Free Range Eggs, Hard Boiled (Shelled & Cut into halves)
350g baby New Potatoes (Steamed)
¼ x Cup Black Olives

Dressing:

2 x Tablespoons Extra Virgin Oil
2 x Tablespoons Wine Vinegar or Lemon Juice
1 x Clove Garlic (Crushed)
1 x Teaspoon Dijon Mustard (Optional)
Freshly Ground Black Pepper to Taste

Method:

1. Divide ingredients into 4 x Salad Bowls
2. Whisk Salad Dressing ingredients together, drizzle over each salad bowl. Add Freshly Ground Black Pepper & Serve.

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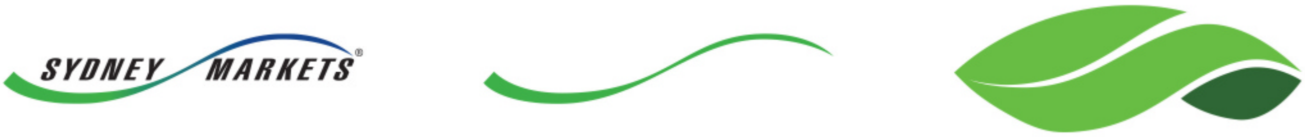

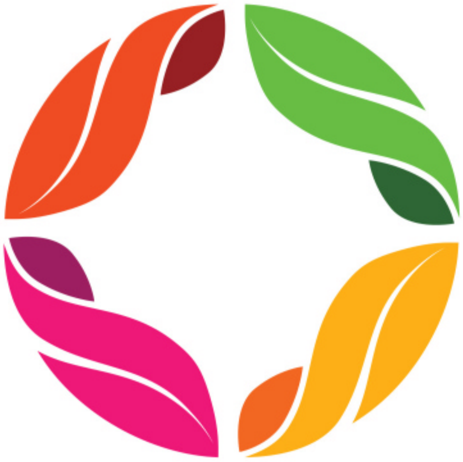

SYDNEY
MARKETS

”

A MESSAGE FROM OUR CEO, BRAD LATHAM

For over 25 years, Sydney Markets' branding has stood the test of time. With this new brand we wish to reflect the vibrancy and innovation of our Stakeholders and announce to the world that Sydney Markets will continue to modernise in line with the industry.

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our new brand

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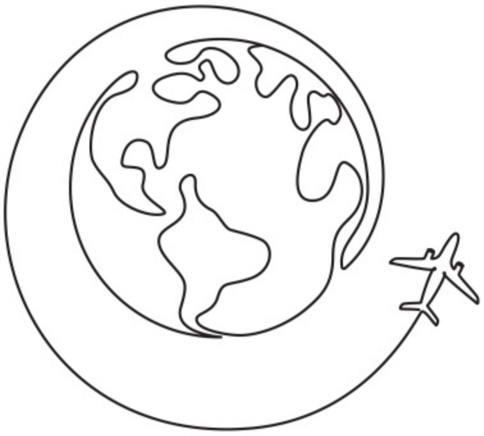
Let's go Travel with Market

Whether for family and friends, or for yourself, travel is the perfect gift right now – from hotel stays to experiences, cruises, or touring

COMPILED BY: HELEN HAYES



Hot hotels

BE GRAND IN VIENNA

This beautiful and eclectic hotel in Vienna is named after quirky Emperor Leopold, and has charm and personality in every impeccably designed space. The owners spent six years lovingly curating its 76 rooms, including five Majesty Suites, in the bones of this property, which dates all the way back to 1702. Each room is different, but all are luxurious. Some feature stunning timber beams that are 400 years old. St Stephen's Cathedral, the symbol of Vienna, is literally just out the front door of The Leo Grand, along with traditional coffee houses, museums, shops and all the joys that this city brings. *Visit theleogrand.com/en.*

GO WILD ON KANGAROO ISLAND

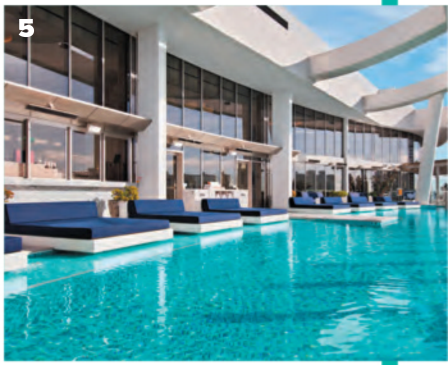
Kangaroo Island is spectacular and now there is a new accommodation option for a more immersive KI experience. Called WanderPods, they are four, high-end eco-pods on a bluff overlooking Snelling Beach. The Pods have separate bedrooms, kitchen, lounge and deck, with a curated pantry box of locally produced food and chef-prepared recipes. The views over the white-curved beach are magnificent, and the Wander concierge can organise tours that give a real sense of the island. *Visit wander.com.au.*

SLEEP WITH YOUR DARLING

For a sassy and sophisticated break on the Gold Coast, book in for a stay at The Darling or buy a Darling gift voucher to give to a loved one. The hotel comes with 56 stunning, well-appointed suites and, as The Darling is complemented by The Star Gold Coast's array of restaurants, bars, facilities and nightlife, everything is close at hand. Arrange for some pampering or tick off a workout at Azure Spa & Fitness – or simply laze by the pool. *Visit star.com.au.*

PHOTOGRAPHY: JACQUI FAULKNER/WANDER

1. Live like an emperor in Vienna at The Leo Grand hotel.
2. You'll sleep under stunning timber beams dating back 400 years.
3. Gift the gift of a beach break on beautiful Kangaroo Island.
4. You can now stay in eco-pods overlooking the island's coastline.
5. It's easy to while away the day at The Darling Gold Coast's pool.
6. Or feel on top of the world in The Darling's chic penthouse.



Connect With Culture In Hawaiʻi

From the first warm and welcoming aloha, Hawaiʻi is special, with culture at the heart of everything and everyone. And while we love the surf, the sea, the palm trees and the shopping, here are six unique experiences that represent the real Hawaiʻi

1

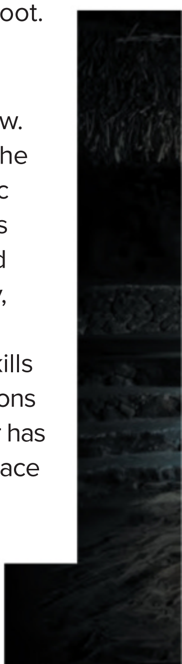
1 MĀLAMA AT KUALOA RANCH

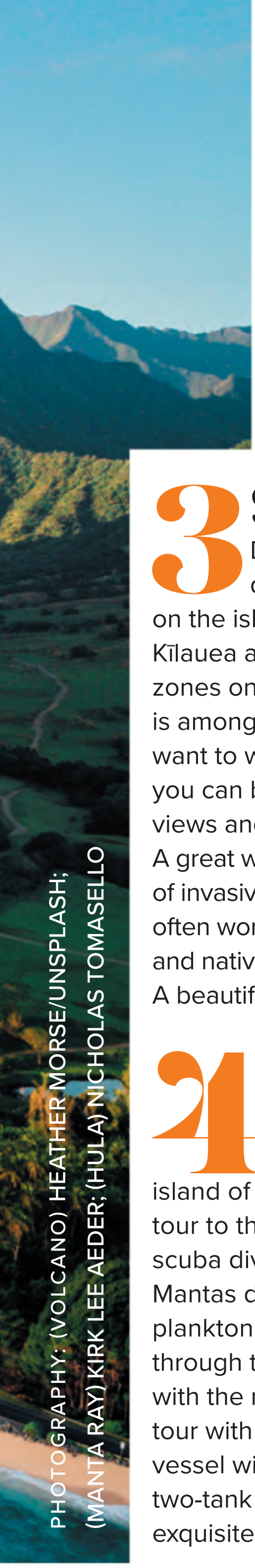
While native Hawaiians have been practising *mālama* for generations, the opportunity for visitors to *mālama*, which means to care for and protect, will enrich any Hawaiian holiday. Visitors can be involved in everything from reforestation and tree-planting projects to beach clean-ups and so much more. At Kualoa Ranch, a private nature reserve located on Oʻahu, the new Uka Experience takes guests deep into the stunning Kaʻaʻawa Valley on a UTV (Utility Terrain Vehicle) to learn about the valley and to plant a native koa tree using local protocols. Or the Mālama Experience visits the ancient taro patch to learn about the history and many traditional uses of taro, a highly nutritious vegetable root.

2

2 IN TUNE WITH HAWAIʻI

Hawaiʻi is synonymous with hula, but it is not just for show. The hula is an important cultural practice that connects the people of Hawaiʻi to their Polynesian roots, with chanting or music combining with dance to tell the stories of the past. *Hula kahiko* is performed as part of a ceremony and set to a chant accompanied by percussion, while *Hula ʻauana* is performed without ceremony, accompanied by song and stringed instruments including the ʻukulele. You can learn to hula for a greater appreciation of the skills behind it. The Royal Hawaiian Center in Honolulu offers free lessons and also has free hula shows most evenings. The Ala Moana Center has a daily hula show at 1pm at Centerstage, and International Market Place has everything from Hawaiian music to storytelling and lei making.





3

3 STAND ON A VOLCANO

Don’t blow your top because you missed out on doing this. Visit Hawai‘i Volcanoes National Park on the island of Hawai‘i. The Park has two volcanoes – Kīlauea and Mauna Loa – and you’ll go through six climate zones on the climb from sea level to 4000 metres. Kīlauea is among the world’s most active volcanoes, and if you want to witness the hot lava streaming into the sea, you can book a boat tour. Apart from the spectacular views and the lava landscapes, you can *mālama* here. A great way of doing this is helping the park rangers get rid of invasive Himalayan ginger from the park trails. You will often work in the forest with beautiful native honey creepers and native birds, which sing to you from the canopy above. A beautiful memory to carry home in your heart.

4 SNORKEL WITH MANTA RAYS

Swimming with manta rays is something that you will never, ever forget. On the island of Hawai‘i you can head out on a sunset dive tour to the Kona or Keauhou coast to snorkel or scuba dive with these beautiful, elegant creatures. Mantas do not have stingers, dine on microscopic plankton, and are gentle as they swoop and cruise through the water. You also have the option of swimming with the mantas at night. Join a guided double hull canoe tour with Anelakai Adventures, or do it from a bigger vessel with Kona Honu Divers. Sign up for the unique two-tank manta ray night dive, or snorkel with the exquisite dancing creatures in the inky darkness.

PHOTOGRAPHY: (VOLCANO) HEATHER MORSE/UNSPLASH; (MANTA RAY) KIRK LEE AEDER; (HULA) NICHOLAS TOMASELLO

6

4

5

5 EAT LIKE A LOCAL

You can’t go to Hawai‘i and not eat shave ice! Available from food trucks and cafes all over, shave ice is shaved – not crushed like snow cones – with the ice sweetened with a range of syrups. A great place to go is Matsumoto Shave Ice at Hale‘iwa on the North Shore of O‘ahu. It is the original, and the queue shows just how good it is. If you are going to eat like a local, you should also try Spam musubi, a slice of Spam on a chunk of sushi rice wrapped in seaweed. Don’t screw up your face like that – it actually tastes great! Monkeypod Kitchen is a fancier option, with chef Peter Merriman offering the highest quality cuisine through partnerships with farmers, brewers, and artisans at his three restaurants on O‘ahu and Maui.

6 EXPERIENCE A LŪ‘AU

Lū‘aus have been part of Hawaiian culture from the early 1800s. A lū‘au traditionally consists of poi – pounded taro plant root, kālua pig – shredded pork prepared in an imu (underground oven); lau lau – meat wrapped in taro leaves and steamed in an imu; haupia – coconut pudding; and poke – a bowl of raw fish, soy sauce, green onions, candlenut, and seaweed. There are lū‘aus held across Hawai‘i, with one of the most famous being the Old Lāhainā Lū‘au on Maui. It is a delicious mix of Hawaiian culture, storytelling, and feasting to a glorious backdrop of breathtaking sunsets over the ocean. On O‘ahu, add a slice of excitement to your lū‘au at the Polynesian Cultural Center at the *Hā: Breath of Life* show. It features 100 Polynesian performers, special effects, animation and surround sound.

For more information, visit Hawai‘i Tourism Authority; gohawaii.com/au.

An *Inspired* Travel Choice

1

With a wide selection of bespoke small-group journeys in Australia and New Zealand, Inspiring Journeys is indeed an inspired choice for you

2

3

4

The delights of boutique travel are best experienced with Inspiring Journeys' range of itineraries to some of Australia and New Zealand's most stunning places, from the ethereal to the majestic. The 12-day Southern Drift trip will take you on the road less travelled as you explore the striking, rugged, South Island of New Zealand. Flying in and out of beautiful Christchurch, the itinerary sweeps you across a timeless landscape with highlights including riding the TranzAlpine Train to the Southern Alps, the Franz Josef Glacier, jet-boating down the Haast River, and falling in love with historic Arrowtown, before two days in Queenstown, where you can wine taste, rekindle your passion for *Lord Of The Ring*s, head out on Lake Wakatipu or any one of countless other activities. From here, magnificent Milford Sound and UNESCO World Heritage listed Fiordland await, with a hike and cruise unpeeling the layers of this wild place.

YOU'LL LOVE THE TASTE OF TASSIE

In Australia, the seven-day Tastes of Tasmania will showcase the culinary delights and idyllic landscapes of this island state, beginning in Hobart and ending in Launceston. In the capital, visit Hobart icon MONA and sample the many tasty delights of Salamanca Markets, before venturing out to the Huon Valley, known for its wine, seafood and gourmet delights, and the Tahune Airwalk. Catch a ferry across to Maria Island, home to myriad wildlife, including wombats plodding around the diverse landscape. Hike in idyllic Freycinet National Park to marvel over Wineglass Bay, and admire at the Bay of Fires, with its textured boulders painted with orange lichen, striking against the white sand and brilliant blue water.

DISCOVER SOUTH AUSTRALIA'S GEM

For more epicurean treats, the five-day Flavours of South Australia visits world-class wine regions including the Barossa Valley, Adelaide Hills and McLaren Vale. This culinary journey will introduce you to the makers, growers and winemakers, with visits to Maggie Beer's Farm Shop, Seppeltsfield and Jacob's Creek, and the historic town of Hahndorf. In McLaren Vale, visit innovative organic and biodynamic wine producer Gemtree. Take a tour of the pretty-as-a-picture property to hear about the simple methods used here, which enhance the soil and the taste. It's then onto the most photographed building in McLaren Vale, the spectacular, if rather quirky, d'Arenberg Cube. Inspired by the complexities of winemaking, the building's five levels entice and excite with the top floor delivering 360-degree views of the vineyards.

FOR MORE INFORMATION

Visit inspiringjourneys.com.

1. Savour truffles at Salamanca Markets in Hobart and become a fan if you're not already.
2. Have an excellent time enjoying organic and biodynamic wines from producer Gemtree.
3. Historic town Hahndorf in South Australia is a wonderful place to wine and dine.
4. Marvel at this in Mclaren Vale, the spectacular d'Arenburg Cube building – wow!

Inspiring Journeys

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EXPLORE

boundless *landscapes*

Dive in deep and absorb every small detail of your destination. Go behind the scenes to experience life like a true local. Immerse yourself in the sights, scents, sounds and stories that make every stop on your journey a memorable one.

The immersive, vast beauty of Australia and New Zealand awaits.

Bruny Island Cruise, Tasmania

Win! A $5000* Travel Voucher!

***Market Magazine* and Inspiring Journeys are giving away a** $5,000* voucher for an itinerary of your choice! Embark on a bespoke, small-group journey exploring Australia or New Zealand, discovering ancient cultures, visiting spectacularly wild landscapes and tasting culinary delights. **With the guiding hand of an expert, you can choose from** Uluṟu, Margaret River, Milford Sound, Freycinet National Park, Waiheke Island, South Australia's wine regions or the rainforests and reefs of Queensland's Wet Tropics, which are just some of the beautiful places you can visit with Inspiring Journeys.

HOW TO ENTER

Scan the QR code above, or go to inspiringjourneys.com/win **and tell us in 25 words or less which Inspiring Journeys destination you'd love to visit using your prize voucher, and why! Entries must be received by January 10, 2023, and the lucky winner will be notified by email.**

Inspiring Journeys

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*TERMS AND CONDITIONS APPLY – Prize is valued at $5000 and entry is open to Australian residents aged 18 years or older only. The itinerary selected by the winner is subject to availability at time of booking and black-out dates may apply. The voucher will be valid for three years (from January 2023). If, for any reason, a winner does not complete the relevant holiday before that date then the prize will be forfeited without further compensation. All other expenses, not specifically stipulated in the selected itinerary as an inclusion, remain the responsibility of the prize winner, including but not limited to: airfares; spending money; additional meals (other than those included); taxes (except where otherwise stated); additional travel and transfers; items of a personal nature; in-room charges; gratuities; optional activities and any other ancillary costs, including but not limited to, insurance and any applicable insurance excesses. Prizes, or any unused portion of a prize, are not transferable or exchangeable and cannot be taken as cash. *Market Magazine* and Inspiring Journeys will not be held liable for any loss or harm to prize winner. Travel insurance is the responsibility of all prize winners and we strongly recommend comprehensive cover. Staff of Harris Farm Markets, *Market Magazine*, The Travel Corporation or their extended families, are ineligible to enter. By opting into the competition, entrants will be subscribed to the Inspiring Journeys and *Market Magazine* newsletters. For more information about the Promoter's Privacy Policy, including how to request access to personal information and how to opt out of receiving promotional communications from the Promoter, can be found on the Promoters' websites at https://inspiringjourneys.com/privacy-policy and https://marketmagazine.com.au/privacy-policy. All entries become the property of the Promoter using and disclosing your personal information in accordance with these terms and conditions and with the Promoter's Privacy Policy.

PHOTOGRAPHY: MEAGHAN COLES

On tour

100 YEARS OF DISNEY

Buy yourself a magical, fairy-dust-sprinkled holiday to Disneyland! From 27 January 2023, Disney Parks will be celebrating the Walt Disney Company's 100th anniversary – a century of imagination, happiness and FUN. Disneyland Resort in California will be the focus for the Disney 100 Years of Wonder party with two incredible new nighttime spectaculars, new rides, new looks and more. *World of Color – One* will make your heart sing at Disney California Adventure Park, while *Wondrous Journeys* will light up the night at Disneyland Park. Sleeping Beauty Castle will have a new look, as will Mickey, Minnie and friends – and don't miss riding on Mickey and Minnie's Runaway Railway. *Visit disneyland.disney.go.com.*

SWITZERLAND'S GRAND TOUR

A wonderful way to explore the scenic delights of Switzerland is on the Grand Train Tour of Switzerland, which carries you through 1,280 kilometres of jaw-dropping scenery all year round. Just one train ticket – the Swiss Travel Pass – means you can you get on and off wherever you like, whether it be at Zermatt, St. Moritz, Lake Lucerne, or wherever you please. *Visit myswitzerland.com.*

WALK THE CAPE-TO-CAPE

What's better than hiking one of the most stunning stretches of coastline in Western Australia? Combining it with top-shelf food and wine and five-star accommodation. Walk Into Luxury's guided four-day Cape-to-Cape Track experience is the perfect blend of the track's most scenic sections, along with a stay at the magnificent Injidup Spa Retreat, wine tastings and gourmet experiences. Highlights include Cape Naturaliste Lighthouse, Canal Rocks, the ethereal Boranup Karri Forest and Wilyabrup Cliffs – with the final day being a wondrous wine tasting and lunch at Vasse Felix. *Visit walkintoluxury.com.*

GET 'PETSONALISED' LUGGAGE

Australian-brand July has gone from strength to strength since launching with its first suitcase, the Carry On, in 2019. You can currently choose from an array of gorgeous travel products, from carry-on to checked baggage, soft bags and – as a cute new offering – personalise your luggage with your pet's face! This is the perfect gift for people who hate leaving their dog or cat behind. For business travel, you can't go past the July Carry On Pro, which comes with a detachable SnapSleeve for your laptop, an ejectable battery for charging and SilentMove wheels. *Visit july.com.*

SAY CIAO TO ITALY

Discover the Collette difference on a tour to Italy. You'll find far more than fresh pasta and friendly locals. Italy is a trip full of fun, culture and, of course, food (it is Italy, after all!). With its spectacular coastline and mountainous interior, world-famous cities and quaint villages – and truly delectable food and wine – Italy is a dream for travellers. *Visit gocollette.com.*

TRAVEL TIP

If you do buy someone a gift voucher, or receive one, record the use-by date and make a calendar entry. Don't let them go to waste!

1

2

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4

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1. The Grand Tour of Switzerland travels through jaw-dropping scenery.
2. Mickey and Minnie are celebrating 100 years of Disney with a glam makeover!
3. You'll walk off all that food and wine hiking to Wilyabrup Cliffs in WA.
4. Take off to Italy with Collette to enjoy stunning scenery, such as the Amalfi Coast.
5. 'Petsonify' your luggage with July.

PHOTOGRAPHY: HELEN HAYES; TOM PODMORE/UNSPLASH

Crafted with love in Italy since 1922
ORIGINAL DARK
Fine Chocolate Truffle with Hazelnuts
PERUGINA ITALIA
Baci
12 PIECES
150g
Product of Italy

Crafted with love in Italy since 1922

Baci® Perugina® are still exclusively produced in Perugia, and the recipe remains unchanged. A creamy gianduja and chopped hazelnut filling, topped with a crunchy whole hazelnut, covered with a fine coating of delicious dark chocolate. The ultimate indulgence for chocolate lovers this Christmas!

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Go cruising

JOURNEY WITH GREG MORTIMER

Here is your opportunity to join renowned Australian explorer Greg Mortimer (OAM) on a 15-day expedition from Scotland to Norway. Greg, the founder of Aurora Expeditions, will be the expedition leader of the Across The Arctic Circle voyage aboard state-of-the-art polar ship the *Greg Mortimer*. Departing Aberdeen in Scotland on 16 May 2023, this spectacular Founder's expedition will visit the remote and wild Orkney and Shetland Islands, sail along the rugged Norwegian coast, and explore the beautiful frozen wildernesses of Bear Island and Svalbard, before arriving in Longyearbyen on May 30. *Visit auroraexpeditions.com.au.*

GO DUTCH DOWN UNDER

Holland America Line has arrived back in Australia for its 2022-23 homeport season. The award-winning line will have Vista-class ships, *Noordam* and *Westerdam*, based in the region between November and March, sailing a total of 17 voyages visiting 24 ports across Australia and New Zealand. Both ships feature Holland America Line's lauded entertainment venues, B.B. King's Blues Club and Lincoln Center Stage, as well as Billboard Onboard, where pianists play your favourite hits. These ships also offer exemplary dining experiences, including celebrated steakhouse Pinnacle Grill, Italian specialty restaurant Canaletto, and the ever popular Dive-In poolside grill with the best burgers and hot dogs afloat. *Visit hollandamerica.com.*

CRUISE LIKE AN EGYPTIAN

If you want your river cruise with a side of pyramid, book yourself a trip with Viking Cruises. The stunning *Viking Osiris* has been in demand since it launched in 2022, sweeping down this ancient river overflowing with secrets and history, from the pyramids of Cairo and Luxor temples to the desert delights of Aswan. *Osiris* features 41 lavish staterooms with French balconies, the outstanding Scandinavian design Viking is known for, as well as its indoor/outdoor Aquavit Terrace and stylish public areas delivering the most sophisticated vessels on the Nile. *Viking Osiris* will be joined on the river by identical sister ship *Viking Aton* in 2023, with two more to come in 2024 and 2025. *Visit vikingrivercruises.com.*

PHOTOGRAPHY: AURORA EXPEDITIONS; TYSON MAYR; VIKING CRUISES; HOLLAND AMERICA LINE

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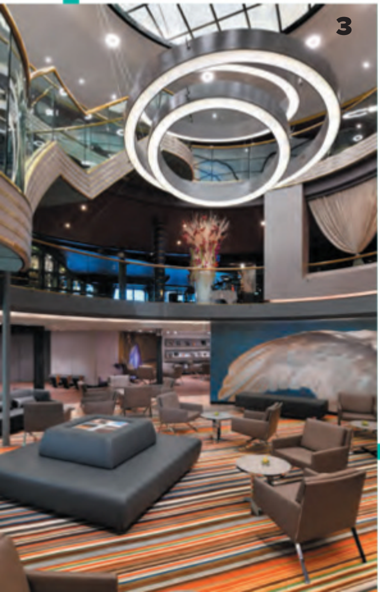

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1. Set sail on an Arctic adventure with celebrated explorer Greg Mortimer.
2. You'll marvel at incredible views from his namesake polar ship.
3. Holland America's *Westerdam*'s opulent atrium is perfect for lounging.
4. Experience the unforgettable Nile from the unforgettable style of the *Viking Osiris*.
5. The Egyptian cruise includes a visit to the ancient Temple of Karnak in Luxor.
6. The *Westerdam* in Sydney Harbour.

5

6

SANDHURST
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WHITE ASPARAGUS
ARTICHOKE HEARTS
SUN-DRIED TOMATOES
CAPERS
WHOLE SICILIAN GREEN OLIVES

STACK 'EM UP!
Our chocolate squares are bursting with the best ingredients that you can see, taste and experience
PRALINE
WHOLE HAZELNUTS
DARK WHOLE HAZELNUTS
STRAWBERRY YOGURT
MARZIPAN
DARK CHOCOLATE
BUTTER BISCUIT
COCONUT
CORNFLAKES
WHOLE ALMONDS
HONEY SALTED ALMONDS
ALPINE MILK CHOCOLATE
TRUE GOODNESS IN EVERY SQUARE

ARE YOU NUTS!
Our chocolate squares are bursting with the best ingredients that you can see, taste and experience
NUT SELECTION
Ritter SPORT
WHOLE ALMONDS
with almonds grown in the California sunshine
DARK WHOLE HAZELNUTS
with crunchy roasted whole hazelnuts
WHOLE HAZELNUTS
with crunchy roasted whole hazelnuts
100 g e
TRUE GOODNESS IN EVERY SQUARE

FORTUNE FLAVOURS THE BOLD
BURTS LIGHTLY SEA SALTED
BURTS SEA SALT & MALT VINEGAR
BURTS MATURE CHEDDAR & ONION
BURTS SPICY SWEET CHILLI
BURTS SEA SALT & CRACKED PEPPER
BURTS
MADE WITH CARE IN DEVON SINCE 1999 SMALL BATCH THICK CUT GREAT CRUNCH

LAST BUT NOT LEAST...

PERMISSION TO HAVE YOUR

Want to navigate the silly season with your health in mind? Here are six top tips

WORDS: SAMANTHA HARRISON

In case you missed the memo, it's the holiday season again! Now, we love the whole jolly shebang around here – the planning, the shopping, the decorating, the pressies, the mayhem, all of it. And the best bit? Sharing all that delish festive food and drink with our favourite peeps.

But if you, like many of us, have spent the year laser focused on your health goals, the idea of letting your guard down around seasonal goodies might make you feel a bit angsty.

What if it undoes all of your hard work? What if you gain a kilo or two? What if indulging over the hols leads to a big old backslide and you never get your healthy mojo back again?

Firstly, that's a lot of what-ifs. Secondly, that's also a lot of nonsense! Why do we do this to ourselves? Yes, you *could* slice the top pastry layer from your tiny mince pie to shave off approximately 268 kilojoules (68 calories), but the question would be *why*? Do you really not deserve comfort and joy, people?

PHOTOGRAPHY: COURTNEY COOK/UNSPLASH; DEVA WILLIAMSON/UNSPLASH

CAKE & eat it too

100 per cent guilt-free!

SO LET'S BEGIN!

Not to harp on a theme but we bring you good tidings! Namely, that two things can be true. You can indulge over the hols AND not throw the baby out with the bath water. Turns out, living your best life – especially over the holidays – while still keeping your wellbeing top of mind are not mutually exclusive!

1 HYDRATE and keep your H2O sipping game strong throughout the season. Water is the gift that keeps on giving. You want to feel clear headed, energised and bloat-free? Guzzle it. Bonus: alternating water with your cocktails may help you avoid hangovers.

2 REVEL in our geographic good fortune. What's more glorious than an Aussie Christmas spread brimful of glorious fresh produce, meats and seafood? It's easy to do celebrating 'light' when the weather's warm and the fresh pickings so bountiful.

Be inspired by the ideas in this lovely mag, then pop over to your local HFM for fruit, veg and salad essentials, butcher and seafood specials, ready-to-cook meals, dinner boxes, charcuterie entertaining bundles, wine, spirits and more. Healthy as!

3 KEEP MOVING and don't ditch your regular workout routine in the busy lead up to the hols; in fact, consider doubling down on it. Promise you won't regret it.

RECOVERY SMOOTHIE

If you do overdo it, here's a feel-better-fast smoothie recipe to whip up in your blender.

½ cup coconut water
½ cup fresh orange juice
1 banana
2 tsp grated fresh ginger
½ cup plain greek yoghurt
1 cup ice
1 tsp honey and/or vanilla (optional)

Add all ingredients to a blender and blitz for 30 seconds to one minute.

4 VISIT THE PEOPLE not the food. At buffets and barbecues, grab a plate, fill it, then back away!

5 DON'T SKIP MEALS ahead of a big night out thinking you're 'saving' yourself for later. It's almost always a bad idea; you'll arrive famished and get tipsy quicker without something in your belly during the day. Eat a slice or two of wholegrain toast spread with almond butter or half an avo in the afternoon.

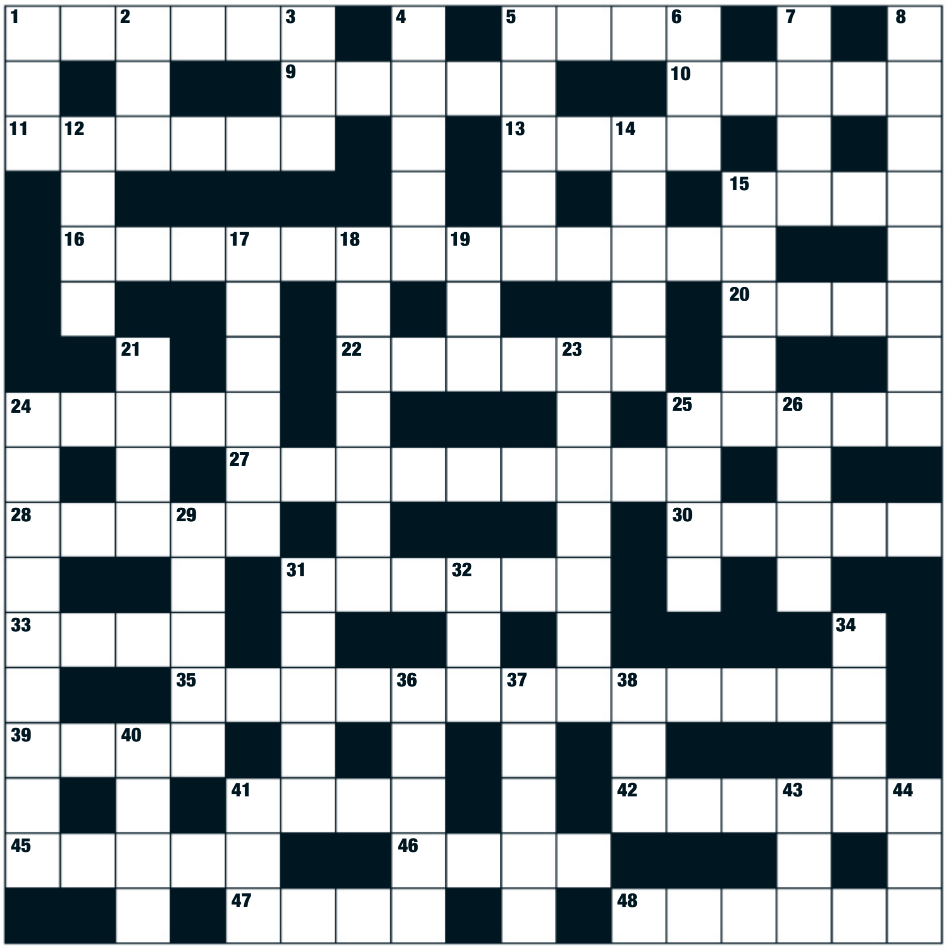
6 SPLURGE WITH INTENTION and without guilt. If you love your nan's apple pie, your bestie's pav or Uncle Dave's punch, dig in without lamenting to anyone about how 'bad' you're being. *Psst*, no-one cares. Also, it's just deeply unproductive negative self-talk. Be kind to yourself and enjoy! **MM**

DID YOU KNOW?

To gain a kilo in a week, you'd have to eat around 4184 kJs (1000 calories) over and above what you burn every day for that whole week. Possible? Yes. Likely? No. In other words, quit worrying about this!

FOOD Puzzle

Gotta love a good puzzle – especially when it's about Christmas! So put yourself to the test and see if you can solve this festive crossword



ACROSS

1 Nickname for champagne (6)

5 Gazpacho is this type of food and perfect for a refreshing starter on a hot Christmas Day (4)

9 --- sauce, perfect accompaniment to roast pork (5)

10 One who consumes food (5)

11 Wine bottle that is twice the standard size (6)

13 Water plant (4)

15 You might end up with sore ones after whipping up 24 Across into stiff peaks (4)

16 Smooth egg-based dessert often flavoured with cognac for a Christmas treat (6,7)

20 Christmas comes but --- a year (4)

22 Lisa Kudrow's character in *Friends* (6)

24 Rich dairy product, perfect to go with Christmas pudding (5)

25 Sausages, bangers (5)

27 Plant that does not lose its leaves (9)

28 --- out, making last or getting by (5)

30 Fruit that can go on a pizza or in a martini (5)

31 Donny ---, cheesy singer who released a Christmas album in 1998 (6)

33 You place your Christmas gifts under this (4)

35 Delicious pie made from a citrus fruit and egg whites (5,8)

39 Footed vases (4)

41 Burn (4)

42 Small packet used to make a bouquet garni (6)

45 Colour of old photographs (5)

46 Layer of a fancy cake (5)

47 Slang word for food (4)

48 --- chloride, table salt (6)

DOWN

1 Bottom (3)

2 Balmain ---, tasty little lobster (3)

3 Sweet potato (3)

4 Relating to the eye or vision (5)

5 Cooks food at a very high heat in a pan with little oil (5)

6 Podded vegetable (3)

7 You might place on at the very top of 33 Across (4)

8 --- sprout, small cabbage-like vegetable often served at Christmas time (8)

12 Swedish supergroup who recorded the song 'Happy New Year' (4)

14 --- cherry, maraschino fruit that has been candied in sugar syrup (5)

15 Decorate a table before a meal, eg (5)

17 Beautiful Christmas spice (6)

18 Barking little dogs (7)

19 Flying saucer (1,1,1)

21 Cold meats section at the supermarket (4)

23 Kitchen gadget used to mix and chop soft foods together (7)

24 Christmas treats that can be found roasting on an open fire (9)

25 'Let It ---', Christmas song (6)

26 Continent associated with curries (4)

29 Christmas songs (5)

31 Vigour, vitality (5)

32 Unit of electrical resistance (3)

34 '--- Comes Santa Claus', another festive song (4)

36 --- Pole, where Santa lives (5)

37 Father Christmas's little helpers (5)

38 --- *a Wonderful Life*, 1946 American Christmas fantasy movie (2'1)

40 Drams (4)

41 Metal tin that contains preserved food (3)

43 --- polloi, snobby term to describe the general masses of people (3)

44 Tiny ---, character from Dickens's *A Christmas Carol* (3)

Across 1 Bubbly, 5 Soup, 9 Apple, 10 Eater, 11 Magnum, 13 Alga, 15 Arms, 16 Brandy custard, 20 Once, 22 Phoebe, 24 Cream, 25 Snags, 27 Evergreen, 28 Eking, 30 Olive, 31 Osmond, 33 Tree, 35 Lemon meringue, 39 Urns, 41 Char, 42 Sachet, 45 Sepia, 46 Tier, 47 Nosh, 48 Sodium. Down 1 Bum, 2 Bug, 3 Yam, 4 Optic, 5 Sears, 6 Pea, 7 Star, 8 Brussels, 12 ABBA, 14 Glacé, 15 Adorn, 17 Nutmeg, 18 Yappers, 19 UFO, 21 Deli, 23 Blender, 24 Chestnuts, 25 Snow, 26 Asia, 29 Noels, 31 Oomph, 32 Ohm, 34 Here, 36 North, 37 Elves, 38 It's, 40 Nips, 41 Can, 43 Hoi, 44 Tim.

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